HEALTH HABITS

BOOK ONE

STATE OF KANSAS

Fifth Grade

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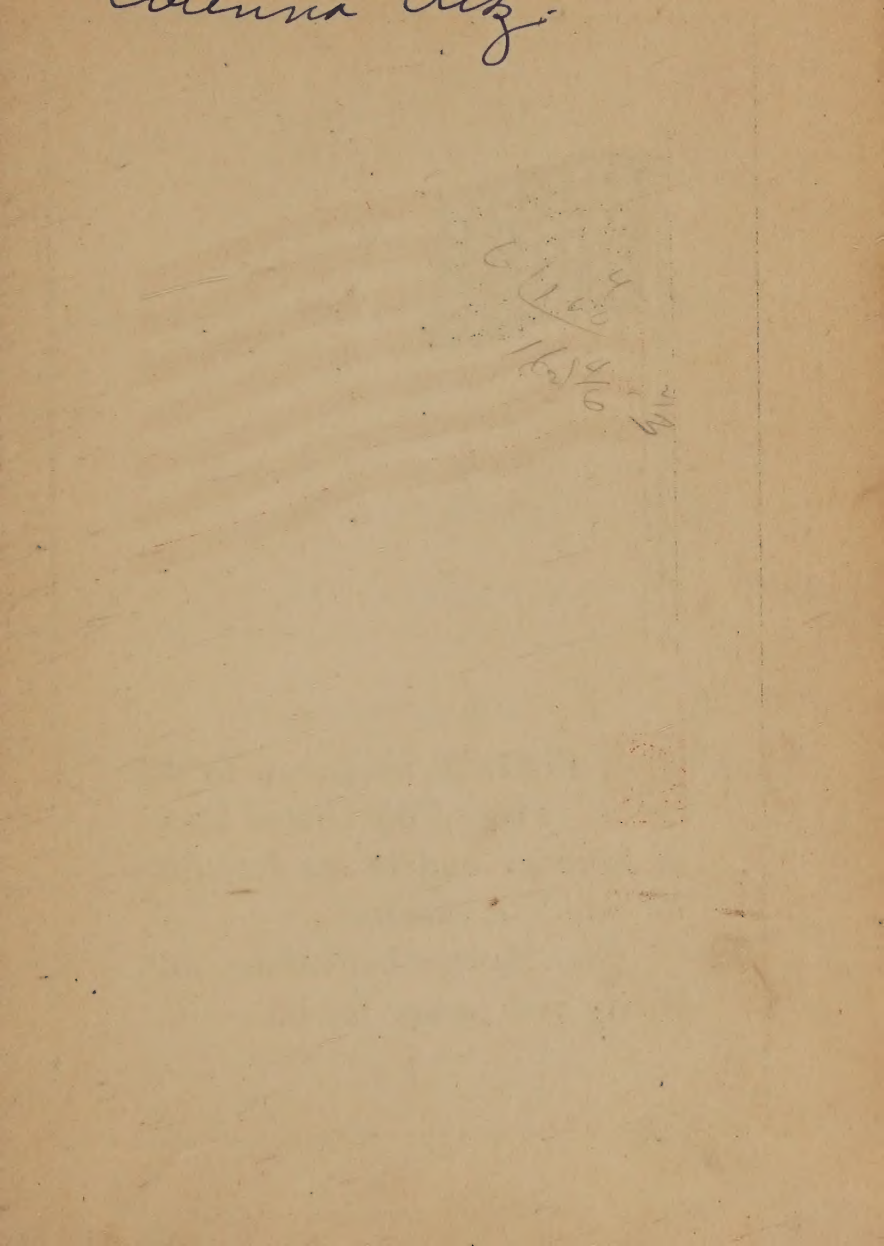

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One Nation, indivisible, with liberty and justice for all.

Health—Happiness—Success Series

BOOK ONE

HEALTH HABITS BY PRACTICE

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PREFACE TO TEACHERS

A NEW KIND OF BOOK

This is a text-book on formation of health habits. It is not a text on physiology and the bodily processes. For such information, Book Two of this series should be used. This book, (Book One), is written in response to a very definite demand and need existing in the intermediate grades.

When instruction in the more formal phases of physiology and hygiene begins in the higher grades, there is a distinct tendency to lose sight of the work in habit formation that has characterized the earlier years of school life. There is danger that the teacher, in presenting the new material about the bodily processes, will neglect to emphasize and follow up the training in habit formation of the lower grades. The pages of this book provide the medium by which these beginnings of earlier years may be recalled, retained, and extended. This "recall" may be done periodically, (following a definite program), or occasionally (as the need arises). As the various topics in physiology are taken up, in the upper grades, constant reference can be made to the corresponding details of habit formation to be found on these pages. This book makes no attempt to go into the details of physiology. Its emphasis is on "doing" rather than on the mere knowing of the reason "why."

Habit Formation Must Be Specific

In this book, the child is not only told "what" to do, but exactly "when" and "how" to do it. Many texts on hygiene emphasize some general rules for health habits (as, for instance, cleaning the teeth), but they neglect to provide the child with a definite program and procedure for the fixing of these habits.

HABIT FORMATION MUST BE SPECIFIC. To this end a wealth of detail has been furnished for the child's guidance.

The "Standards" Are Attainable

No child is expected to master all of these habits in any one grade. The content of this book represents a standard of health habit formation that should be cumulative, extending over a number of years. The beginnings are made in the first three grades, before a text is used, but this training should be continued and amplified throughout the school career of the child. The degree to which these habits are attained is an individual problem with each child. But even where limiting conditions exist in the form of a lack of home facilities, the school can be credited with at least having brought the various health habits specifically and forcefully to the attention of every child.

Relative Emphasis on Physiology and Hygiene

A great many texts in health education set forth earnestly and sincerely in an attempt to emphasize health habits. But in order to rationalize these habits, these texts then proceed to devote the most of their space to anatomical description and physiological explanation. Frequently, enough scientific detail is given to form the basis of a course in college. The health habits in such books are generally to be found in a paragraph or two at the end of the chapter, or else they are interspersed throughout the chapter in relatively subordinate positions, as far as emphasis is concerned. No matter how sincerely such books AIM to influence health habits, the "doing" of the desired habits is lost to some extent in the learning and accumulation of facts by the pupil. We need more of the training technique of the teacher, and less of formal scientific instruction, in the work of TRAINING children to form good health habits.

Emotional Appeals

"Rationalization" (by giving the reason from a physiological point of view) is only one way of motivating work in habit formation. For the intermediate grades, the purely emotional appeal (praise by the teacher, pride in personal appearance, or in doing things well, etc.) probably outranks in effectiveness of motivation the physiological background. Even with some adults, the motive of "social approval" in such matters as bathing, clean clothing, proper habits of eating, etc., is the dominating one. (Some of them, indeed, could not give the correct scientific reason for their own practices.) In this book, the emotional appeal and the motive of social approval have therefore been used partly to supplant and to supplement the more physiological rationalization. Songs, games, plays, projects, making posters, and writing health jingles form other avenues of appeal to the child's mind making the work interesting and the impression lasting.

Rationalization is used as a motive, but only in a very general way. Reasons are given in general terms, all detailed explanation and description being omitted. They have their rightful place in health education, but they do not belong in a book of this character. Where physiological explanations are desirable they can easily be obtained from Book Two, or else can be supplied readily by the teacher.

Aids to Motivated Retention

This book is built for retention. Retention need not be disagreeable in process. It should be pleasant but it must be definite, precise, and persistent—"smilingly persistent," perhaps, but still, persistent. Retention may be made agreeable through classroom discussions, through contributions made from pupils' experience, and through doing rather than merely knowing (memorizing). Memorization alone is neither good nor sufficient. Mere repetition of words—unmeaningful verbalism—is taboo in good educational practice.

Retention in the mind of the pupil of "what to do" and "how to do it" is a pre-requisite of habit formation. To that end, the emphatic (i.e., "imperative") form has been used. The idea is thus presented in a vivid and compelling way. The form of organization of the material of the text, the type used in printing it, and the many apt illustrations have been called upon to do their share in making the ideas stand out forcefully. Further aid to retention is provided by the summary at the end of each chapter. Each outstanding idea has been placed on a separate line, after the fashion of an outline. Care has been taken to make this outline as simple as possible. Pupils should not be required to memorize the words of such an outline. Let them choose their own words, if they prefer to do so. The important thing for them to remember is the idea, not the exact wording. Remember, too, that mere memorizing is not forming health habits. It is only the first necessary step. Memorization should never be used except as a guide in forming habits. Forced memorization is not worth while. Lead the class to the point where they want to memorize what to do, in order to form the correct habit. Force a child to memorize, and he will hate you and health work, too. Furthermore, you will date yourself back twenty years on the calendar of teaching methods.

Condensation Necessary for Retention

Recently, in line with the modern practice of making health instruction as attractive as possible, a number of texts modeled on the story plan have appeared. What is said here is in no sense a detraction from the undoubted value of these books, but rather to point out their proper place and use in the classroom, particularly with reference to the work in habit formation. These books are very valuable for supplementary reading, for motivating health work in general. The context is undoubtedly interesting, but it is a question whether or not the story does not lack the necessary

conciseness of form that is necessary for definite procedure in habit formation. A text is needed that will enable the child to concentrate on the thing that he wishes to do, and that will assist him to do it, in the easiest and simplest way.

Provision for "Transfer"

To make the work in habit formation attractive, and to help "bridge the gap" between school subjects and life experience, there have been provided, also at the end of each chapter, some suggestions under the heading "Helps for Workers," and some problems under the caption "Some Problems to Talk About—At Home and at School."

These suggested projects and problems are intended to be a basis for supervised study, in the broader sense. An attempt has been made to make these questions and problems practical and thought-provoking, rather than to make a list of merely academic questions to be answered by searching through the book for the page on which the answer is to be found. It is intended that, as much as possible, the problems will carry the pupil beyond the pages of the book to the experiences of everyday life.

Development of a Health "Conscience"

Some of the suggested problems have answers that are conditional—vary according to circumstances. Consequently a decisive "final" answer may not result from classroom discussion. The thought in incorporating problems of this type was to develop a critical attitude on the part of the child toward topics in health. To get a final answer to a question need not be the only, or even the most important, product of classroom discussion. In many cases the interest aroused by a warm discussion may be more valuable than an easily achieved answer. A positive attitude toward matters of health is one of the most desirable ends to be achieved through health instruction.

ACKNOWLEDGMENTS

The following have helped to make this book possible, and thanks are hereby extended to:

The teachers of the George W. Childs Public School of Philadelphia, for many practical suggestions for supervised study, embodied under the various headings at the end of each chapter.

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Health! Happiness! Success!

Rules for the Greatest Game ever Played
The Game of Health

1. **Take a Full Bath at least Once a Week.**
2. **Brush the Teeth at least Once a Day.**
3. **Drink Lots of Water—at least Four Glasses Each Day.**
4. **Drink Lots of Milk, but no Tea or Coffee.**
5. **Eat some Vegetable or Fruit Each Day.**
6. **Play, Out of Doors, a Part of Every Day.**
7. **Have at least one Movement of the Bowels Each Day.**
8. **Eat Slowly. Breathe Deeply. Stand Erect.**
9. **Work Hard. Play Vigorously. Rest Quietly.**
10. **Sleep, with Window Open, from Nine to Eleven Hours Every Night.**

Health! Happiness! Success!

BOOK ONE
HEALTH HABITS BY PRACTICE

To The Boys And Girls Who Use This Book

WHAT ARE "HABITS"?

There was once a horse called Jim. Jim was one of the horses that used to pull the fire-engine to the fire. Whenever the fire alarm in the fire-station rang, Jim was trained to run to his place, to be harnessed up in a second or two, and then away he would go galloping down the street to the fire. Whenever the fire alarm rang, Jim's duty was to go galloping down the street.

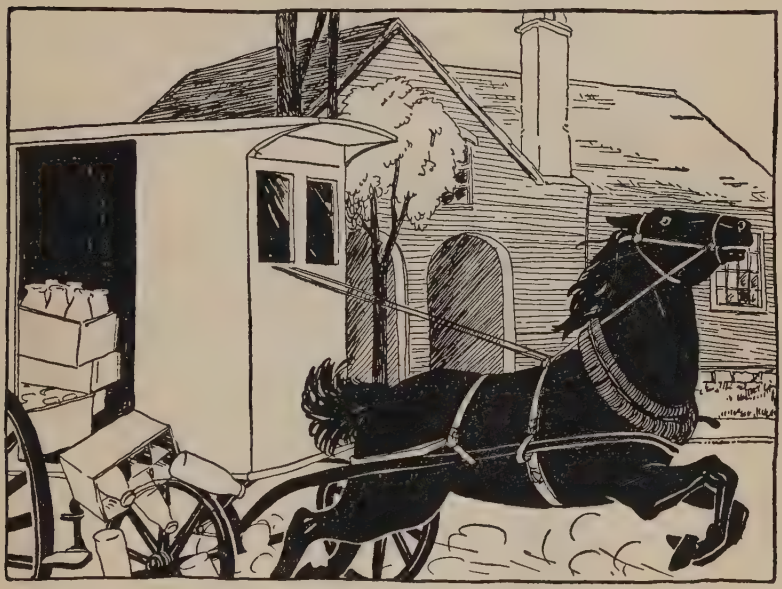
When Jim grew too old to pull the heavy fire-engine, he was sold to a milk-man and he pulled the light milk-wagon around the streets delivering milk. One day, while Jim was standing near the fire-station, the fire alarm rang, and out came the fire-engines and the horses. Now what do you suppose old Jim did? Away he went galloping down the street to the fire,

splashing milk and scattering milk bottles and milk cans all over the street. Jim had forgotten the milk wagon and thought he was pulling the fire-engine once more.

When Old Jim was young he used to pull the fire-engine.

Why did old Jim act that way? Because for so many years he had been trained to gallop down the street when the fire-bells rang. He *had formed the*

habit of acting in this way whenever the bells rang; and even when he was old, the habit was so strong that he forgot he was pulling a milk-wagon and acted as he had for so many years in pulling the fire-engine.



The result of a habit. The fire alarm rings while Old Jim is hitched to a milk wagon.

A habit is a way of doing a thing without thinking about it. A habit is learned or formed only after we

have done a thing many many times. Can you name some habits that you have formed?

Nearly everything that you do without thinking is a habit—the way you eat, the way you walk, the way

A Good Habit

We should form the habit of standing correctly, so that the body will grow straight and strong.

you talk, the way you listen, the way you play, the way you work, and even the way you sleep, are all habits. Things that we do time after time become

habits—we learn to do them in the same way, day after day, and often year after year.

You know that there is a right way and a wrong way to do nearly everything. Our lives are almost

A Bad Habit

What kind of a man will this boy be?

What makes you think so?

How do you stand?

all habits, some good and some bad. Doing things the right way leads to happiness. Doing things the wrong way may cause you and others a great deal of

unhappiness. So you can see that it is very important for you to form the right habits of living.

On the pages of this book, you will find a lot of "Do's" and some "Don't's". The things that you are told to do are the things that will help you to form *good habits*—habits that will make you happier and that will help you to be successful in life. The "Don't's" are bad habits that you may have, or might form—habits that are to be broken, or to be avoided.

HOW ARE HABITS FORMED?

Some of our habits are formed when we are quite young, before we are old enough to think about them. Our relatives and older friends take care of us in these early years, and try to see that the habits that we form are good ones. But as we grow older there are more and more things to do and more habits to be formed, and our parents and the older folks cannot have the same careful watch over us all the time that they had when we were not much more than babies. We are out of their sight a great deal, and we sometimes form habits before older and wiser folks can help us. As we grow older, we become able

Good habits protect us

to think more about what we do, and we are expected to help ourselves to form the rights habits.

WHY ARE HABITS USEFUL?

Good habits are great "time-savers". For example, take the habit of walking. We walk without

Some habits are begun when very young. This little girl was allowed to suck her finger when she was a baby, and she hasn't broken the bad habit yet! Bad habits are hard to break. Don't start them.

(Why does she look so ashamed?)

thinking about how to take each step. But a child that is just forming the habit of walking has a very difficult time of it, and it takes him a long time to learn to walk a short distance. You and I have

walked so much and for so long a time that we can take many steps WITHOUT THINKING HOW TO DO IT. And since we do not have to think about it, we can walk, and at the same time think about something else. Good habits save time for us by making us able to do one thing (like walking) and at the same time to think about something else (like watching out for the trolley car or the automobile).

Let us take another example, the habit of cleaning the teeth. If we form the habit of cleaning the teeth in the same way and at the same time each day, we do not waste time in deciding ALL OVER AGAIN, each time we clean our teeth, the best way of doing it. If we decide that the first time, then, each time after that, we can do it in the same way, and we do not have to bother to think about it. If we have formed the habit properly, we can even think of what we are going to do during the day, and at the same time we can be sure that the teeth will be properly cleaned. The GOOD HABIT takes care of that. And neither must we waste time in deciding whether or not we should brush our teeth, because if we have formed our habit properly, we will just naturally do it at the right time without

Resolutions come and go—

having to waste time in deciding when we should brush them.

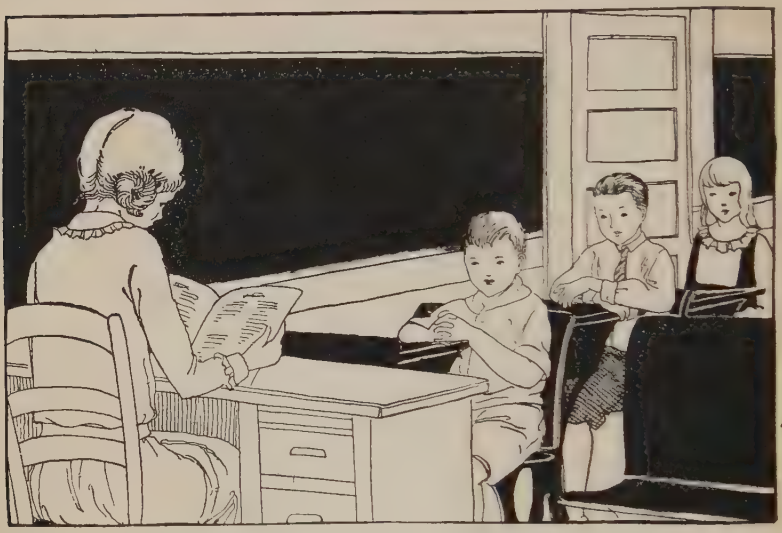
Good habits also protect us from harm, because they guide us in the right way of doing things. If you once form the habit of cleaning the teeth *regularly* each day, the habit you have formed will remind you of it at the right time. If you have formed the habit of cleaning your teeth each morning, the habit will remind you THAT IT IS TIME TO CLEAN YOUR TEETH, as soon as you step into the bathroom in the morning. THE HABIT will not allow you to forget—and it will even go so far as to make you feel uncomfortable if you don't clean your teeth. There are so many of these health habits that it is a good thing that they do remind us of our duties. If we had to depend on our memory alone, we should forget ever so many of them, and that would not be good for our health. So GOOD HABITS really protect us from harm.

HOW CAN WE HELP OURSELVES TO FORM GOOD HABITS?

1. Get a Clear Idea of the Habit to Be Formed.

By listening carefully to your teacher and to her explanations, you can help yourself a great deal in

getting clearly in your own mind just what you need to do. Read carefully what the book tells you to do.



How to Form a Habit:

(1) *Get a clear idea of the habit—*
What to do.
How to do it.
When to do it.

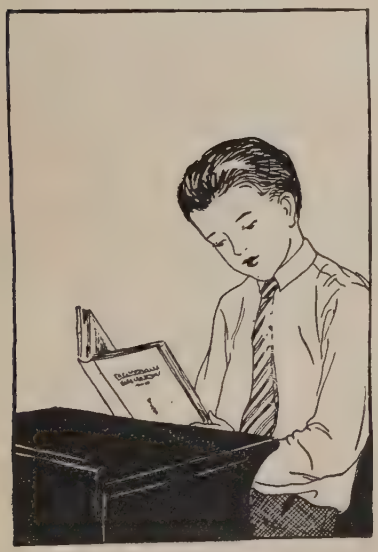
(*Are the pupils listening and watching carefully? Will they know what to do?*)

Pay close attention to the questions that other pupils ask, and to the explanations that the teacher gives in

answer. If you are not sure about what is meant, ask the teacher and she will help you. Remember, before you can form a good habit you must know exactly what you are to do.

2. Repeat This Idea in Your Mind a Number of Times.

After you have the habit clearly in mind, go over



How to Form a Habit:

(2) *Repeat the idea until you know it*

Study at home
Study at school

Keep on repeating the idea

it again and again so that you will not forget it. In order to help you to do this, there is placed in this book, after each habit, the most important facts about

it. Repeat these facts again and again until you are sure that you know them. Then say them aloud to your class-mates and to your teacher and show them that you know just what you are to do. When you go home, repeat them again to your father or your mother. Once in a while during the day go over them again in your own mind. By doing this a number of times, you will make sure that you will not forget what you are to do. If you have the idea clearly in your mind to begin with, you will not have to repeat it very many times before you know it well.

3. Use This Clear Idea.

How can you "use" this clear idea?

(1) Do EXACTLY what you have been told to do. For example, if you have in mind clearly just *how* you should brush your teeth, BRUSH THEM THAT WAY. Go slowly and carefully at first, so that you are sure to form the right habit in the beginning.

(2) Begin NOW. For example, if you have just studied about the proper way to brush the teeth, you should start to brush your teeth that way TODAY. Don't put it off until tomorrow, but get a toothbrush TODAY, and use it in the proper way, beginning TODAY.

Good habits save money

(3) Do it AS WELL AS YOU CAN every time. Start the habit with your whole heart and spirit in it from the beginning. Begin right. Make up your mind that you are going to (for example) CLEAN YOUR

How to Form a Habit:

(3) *Start To-Day–*

With all your might

Never miss

Always the Same Way

No exceptions

TEETH AND CLEAN THEM AS WELL AS YOU KNOW HOW EVERY CHANCE YOU GET. Remember, this habit will repay you many times for any little trouble it may cause you in the beginning.

Bad habits cost money

BE ON YOUR GUARD AGAINST BAD HABITS

The things you do from day to day, become habits. You must be on your guard about what you do, about what you eat, and what you drink—if you want to avoid bad habits. Certain habits are dangerous and will destroy you if they get a hold on you.

The use of tobacco by a growing boy or girl is harmful. Its first use causes sickness such as dizziness and vomiting. The body doesn't want it and tries to throw it off. Its constant use is very harmful and will keep you from growing strong and healthy.

Alcohol Is a Poison:

Boys and girls must know this. If taken into the body it will harm you. No one, now-a-days, thinks of it as a food. Good doctors know that it is not, and that its use weakens and tears down the body. You want strong bodies and keen minds. The use of alcohol in the form of beer, wine or whiskey injures your bodies and minds. Athletes must not use tobacco or alcohol in any form if they expect to win. Never use tobacco, beer, wine, or whiskey if you want to grow strong and healthy.

Remember, bad habits will destroy you. Good habits will make you healthy, happy, and successful.

HEALTH HABITS BY PRACTICE

HABITS OF PERSONAL CLEANLINESS

CHAPTER I

THE SKIN AND ITS PARTS

PERSONAL CLEANLINESS

Cleanliness means "keeping clean" of course. "Personal" cleanliness means keeping your person or body clean—your body and its parts, both inside and outside. Personal cleanliness also includes the clothing that you wear, since that is used to cover the body, and so is a part of your "person".

THE VALUE OF PERSONAL CLEANLINESS

One of the most important reasons for keeping yourself clean is that the cleaner you are, the healthier you will probably be. Disease germs often come from dirt and unclean things. (What are "germs"?) Keep yourself clean, and help keep disease away. There is also a danger to others if you are not clean. You may pass a disease on to some one else, even though you do not get sick with the disease yourself.

Be clean. Do not carry disease germs into your home. Keep yourself clean in all ways and protect the health of others.

There is another reason why you should keep yourself clean. It is impolite and disrespectful to any one around you to have dirty hands or face, or unclean clothes. If you want people to think well of you, you must not be impolite to them by having dirty hands, face, or clothing in their presence.

There are so many habits to form, if we wish to be clean in all ways, that it is best for us to study them in groups, each group of habits being about a particular thing to do, as for instance:

1. The Skin and Its Parts.
2. The Teeth.
3. The Nose and Mouth.
4. Getting Rid of Waste Matter.
5. Clothing.

All of these concern personal cleanliness. Let us consider the first one:

THE SKIN AND ITS PARTS

As the skin covers our entire body, there are many different ways of considering how it may best be kept clean:

Beauty is at least skin deep!

Wash Your Hands:

(1) *Just before going to school* (or to church, or on a visit, or anywhere where you will be expected to present a neat appearance). Wherever you go, people will not think well of you, if they notice that your hands are dirty. If you wish to be courteous and considerate of others be sure to keep your hands clean. Dirty hands will soil whatever they touch. A boy with dirty hands, in school, will soil the pages of his books and the appearance of his paper. Be sure that your hands are clean before going into school.

(2) *Before meals.* Even though your hands may not look dirty, you may have been handling something or have been playing with something unclean —something with disease germs on it. Disease germs may be on your hands and you may not know it, for they cannot be seen. Would you want to handle your food with disease germs on your hands? Why not? (Answer). Therefore—*always* wash your hands before meals.

(3) *After going to the toilet.* The hands should always be washed after going to the toilet so as to prevent any possible danger from disease germs.

There may be times when it will seem inconvenient to do this, but yet soap and towel are not absolutely necessary. A little water is all that is really needed.

(4) *Before going to bed.* If they are dirty, you know that they need it. If they do not *look* dirty, wash them anyway. There may be on your hands—there usually *are* on your hands—dirt and germs that you can not see. During sleep the hands are likely to touch the face, especially the eyes or the mouth. Why would that be dangerous? (Answer). Therefore, *always* wash the hands before going to bed.

(5) *Whenever else your common sense tells you it is necessary.* There are many occasions during the day when the hands should be washed. It always pays to take the trouble to wash your hands. In particular, wash the hands after working or playing at something which may have soiled them. Make sure that your hands are clean before touching anything that is likely to show a mark from your touch. After you wash your hands, you will find that you respect yourself more. You also show your respect for the rights of others when you do so.

Memorize the idea

Try to Remember—Try to Practice

1. Three reasons for personal cleanliness:
   - Protect our own health
   - Protect the health of others
   - Show courtesy to others

2. Always wash your hands:
   1. Before going to (or going into) school
   2. Before meals
   3. Before going to bed
   4. At other times when necessary

Some Problems to Talk About

(At Home and In Class)

1. Should the hands always be clean? Are dirty hands ever excusable? When?

2. Is it wrong to get the hands dirty playing dodge-ball or baseball, or some other game in the school yard? What should you do afterward?

3. Should one be afraid to get his hands dirty in doing some necessary work around the house? (Name some instances of this.)

4. Can you think of any other times during the day—(which we have not mentioned)—when the hands should be washed? Name them to your teacher and to your classmates.

Use the idea

5. After you have learned the most important rules for washing your hands, have you done all that is necessary? What else beside "learning" the rules, is necessary?

Helps for Workers

1. Keep count and see how many times (for the rest of today or tomorrow) you wash your hands. When you have your next lesson your teacher will ask you, in order to find out who washed his hands the greatest number of times.

2. Watch and think, and see if you can discover any new "times" when it is necessary to wash the hands, but which have not yet been mentioned.

3. Without looking at the book, write out the five occasions for washing the hands as they were named on pages 27 and 28. If necessary, study them before attempting to write them. After you have written them, see if you can "say" them, without looking at the paper or the book.

4. Write out on paper three good reasons for washing the hands.

√ Monday.

PROPER CARE OF THE FINGER AND TOE NAILS

The finger nails are a part of the skin. *As soon as you have washed your hands, you should clean the*

nails. The nails may not need cleaning every time you wash your hands, but you should look at them, and if their appearance is not good—if there are rims of dirt under the nails—they should be cleaned. For such unexpected needs, the ordinary nail cleaning devices that are sold at hardware or drug stores are very helpful. While they are not the best thing to use, still they are better than nothing, and it is better to use them than to go around with dirty nails. The good thing about them is that they can be carried in the pocket, or in a pocket book, and are always ready for use. *Remember,* the nails make your hands look attractive if they are clean, well shaped, and trimmed to proper length.

Clean Your Finger Nails:

(1) *In the morning,* when you take your daily wash before breakfast. Why?

(2) *Before meals,* that is, *before each meal.* Why?

(3) *Before going out* anywhere where you will meet people whose respect you wish to keep as, for instance, before going to school, before going to church, before going to work, or before going visiting. Why?

Put spirit into the habit

(4) *Immediately after work or play* that may have caused the nails to become particularly dirty. Why?

(5) *Before going to bed.* Why?

Helps and Directions for Cleaning the Nails:

(1) After washing your hands, *use a small brush* like the one shown in the illustration, and brush your nails gently with warm soapy water.

Wash the hands.

A soft hand brush helps to get the knuckles clean.

Don't forget your wrists, and arms, too. Use plenty of soap.

(2) If possible, *use an "orange-stick"* to clean out the dirt under the nail. The soft wood of the orange

stick is better for this purpose than any sharp metal like the blade of knife or scissors, as they scratch the nail and make it rough and harder to clean next time. The next best thing to the orange-stick is one of the metal, but *blunt* (what does "blunt" mean?) nail files that can be bought at the drug store. Many pocket knives have such attachments.

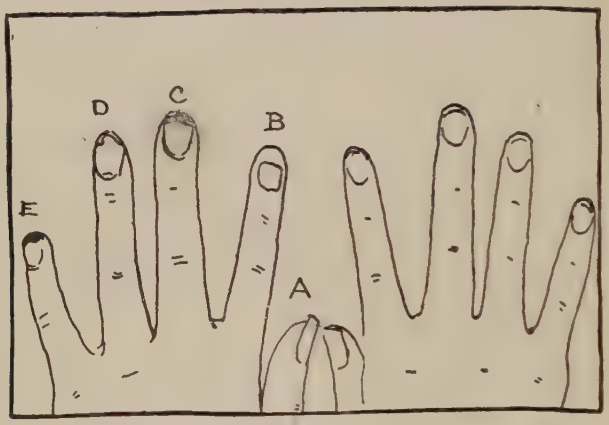
(3) *Push back the skin* at the bottom of the nail gently with the finger, while it is still soft from the water. Do not use metal to push it back, as it is likely to cause a sore finger by running the dead skin into the "quick."

(4) *Trim the nails whenever necessary.* Do not allow them to grow too long, as they are ugly when allowed to go untrimmed for any length of time. There is also danger of the nails "breaking" if they are permitted to grow too long. It is hard to give a definite rule as to how often the nails should be trimmed, as the rate of growth varies with different people. Perhaps it is safe to say that they should be trimmed about once a week, more often when necessary. In trimming (what does "trimming" mean?) the nails, *do not cut too close* to the edge of the quick.

as well as you can every time

(What is the "quick"?) Leave a small even edge of nail beyond the "quick". In trimming the nails, round them to the same shape as the finger ends.

Which Hand Do Yours Resemble?



An Ugly Hand
Why?

Nails are:
A. Too long
B. Too short (from biting)
C. Dirty
D. Uneven
E. Dirty

An Attractive Hand
Why?

Nails are:
1. *Clean*
2. *Evenly cut*
3. *Trimmed and shaped to ends of fingers*
4. *Skin pushed back from nails, evenly*

Begin today

Clean and Trim Your Toe Nails:

The toe nails should be cleaned and trimmed regularly. Although they are not noticeable, and generally people around us may not know whether they are clean or not, nevertheless we should form the habit of keeping them clean at all times. Being protected from dirt by the shoe and stocking, they will not need so much attention as the finger nails, yet they should be cleaned regularly. The best times are after the morning wash or bath, the evening wash or bath, or just after any bath. Because of wearing shoes that are too tight and at the same time trimming the toe nails too close to the "quick," many people get what is known as an "in-growing" toe nail. This is caused by the toe nail being bent into the flesh by the tight shoe, and it then grows into the flesh, and a small but painful enough operation is necessary to cut it out. If you wish to avoid an "in-growing" toe nail see to it that your new shoes are not too tight, and be careful not to trim the toe nails too close.

In the army, where the men do so much marching, the feet of the men must be kept free of sores. The

shoes are not tight, and the men are told to cut the toe nails straight across, instead of rounding them. If the nails are cut straight across, or almost straight, and if the shoe is not too small, you will not be bothered by an "in-growing" toe nail.

Try to Remember—Try to Practice

1. Clean the finger nails:
   - In the morning
   - Before meals
   - Before "going out" anywhere
   - After dirty work (or play)
   - Before going to bed

2. Follow these directions:
   - Use a small brush and warm water
   - Use an orange stick, or file
   - Push back the skin
   - Do not trim too close to the quick

3. Trim and clean the toe nails:
   - Do not let them grow too long
   - Do not cut them too short
   - Trim them almost straight across
   - Avoid shoes with narrow toes
   - Clean the toe nails often

Allow no exceptions

Some Problems to Talk About

(At Home and In Class)

1. Have you ever noticed any one with dirty nails? Did they look nice?
2. Can disease germs get under the finger nails?
3. Why is it dangerous to bite, or chew, the finger nails?
4. Is it safe for young children to suck their thumb or finger?
5. Why are shoes with "pointed" toes bad for the toe nails?
6. What kind of shoes are the best for avoiding "in-growing" toe nails?

Helps for Workers

1. Who will bring in a nail brush for the class to see?
2. Who will bring in an orange-stick for the class to see?
3. How many can get nail files or clips and carry them with them each day, so that the nails will be kept clean at all times?
4. Hold out your hands so that the teacher can look at your nails.
5. How many will have clean finger nails tomorrow?

Always the same way—the right way

WASH YOUR FACE, NECK, AND EARS

When:

(1) *Each morning before breakfast.* It will make you feel a lot better, your appearance will be better, and your self-respect will be greater.

(2) *Each night before going to bed.* Why? (Two reasons.)

Don't forget to wash the neck, clear around, and back of the ears. Do it thoroughly. Don't stop as long as the washcloth looks soiled.

3. *Whenever necessary.* Name some occasions when it might be necessary. (Answer.)

"Cleanliness is next to godliness"

How:

(1) Use *soap, water,* and a *wash cloth.*

(2) Be sure to wash *all around your neck, well down to your chest, and back of your ears.*

(3) Be sure to wash the *"hard to reach" places in the ear.*

(4) Be sure to wash the *corners of your eyes,* especially the corners nearest your nose.

Keep Your Wash Cloth Clean:

(1) If possible use one that belongs to you—and to no one else.

(2) Rinse the cloth out, after you are through with it.

(3) Hang it up (or spread it out) to dry.

WASH YOUR BODY

(1) *With cool water, each morning.* If it is not possible to wash the whole body, strip to the waist, and throw the cool water over the upper part—arms, shoulders, chest. Some people cannot "stand" a cold bath in the morning—they should use moderately warm water. After a cold bath, rub the body with

a coarse, or Turkish, towel. This brings back warmth to the body and limbs.

(2) Take *a good warm bath,* with soap, *at least once a week.* Wash all parts of the body well with

Learn to like the feel of cool water on your skin. Bathing, swimming, shower-baths, and tub-baths make the skin feel fine.

soap. What is the object of such a bath? Warm baths are generally taken for what purpose? In the winter-time, the best time to take a warm bath is just before going to bed—why? (Answer.) After tak-

Water always feels good

ing a bath, is it a good thing to dress again in soiled under or outer clothing? Why not? (Answer.)

And remember, *never* use a towel that someone else has used. Why? (Answer.) Should we remember this only when we wash the body? At what other times? (Answer.)

Try to Remember—Try to Practice

1. Wash the face, neck, and ears:

When:

Each morning when you get up
Each night before you go to bed
Whenever else it may be necessary

How:

Use soap and wash cloth
Neck, chest, and behind ears
Hard to reach places in the ear

2. Keep the wash cloth clean:
   Have one of your own
   Rinse it out
   Hang it up to dry

3. Wash the body:
   Each morning—cool water
   At least one warm bath each week

4. Use your own towel and wash cloth

Keeping well is lots of fun

Some Problems to Talk About

(At Home and In School)

1. Why does your face need a wash in the morning, if you washed it the night before?
2. What good does the soap do?
3. Why is the wash cloth a good thing to use?
4. What is the object (reason for) a cool bath in the morning?
5. What is the reason for a warm bath? What should be used with it? Why should it be taken at night?
6. Why is it a good thing to use your own towel?
7. Why is it a good thing to have a wash cloth of your own?

Helps for Workers

1. Tell your classmates where you hang your wash cloth to dry.
2. Who can bring in a brush that is used when taking a bath?
3. Tell the class what you do with your towel after you have used it.
4. Keep account of how many times you wash your face each day. Be ready to tell your classmates, when you have your next lesson.
5. Make a list of some of the times for washing the face, that we have not mentioned here.

Good habits save doctor bills

PROPER CARE OF THE HAIR

The hair is also a part of the skin, just as the nails are.

Brush Your Hair Well—

(Use Good Strong Strokes):

(1) *Each morning before breakfast*

Brush the hair often, and brush it well. Brushing brings out the natural oil that is in the hair. If you brush your hair well, it is not necessary to put oil or grease on it, nor to "wet it" every time you use the brush.

Good hair is worth the effort

(2) *Each night before going to bed*

(3) *Before meals:* for girls, merely arranging the hair is generally sufficient; for boys, brushing and combing (without water or grease, if possible.) If you use good strong strokes, the brushing will bring out the natural oil, and the hair will become soft and "glossy". Good strong brushing makes the use of water and "grease" unnecessary.

Wash Your Hair:

(1) *With warm water and soap*—"castile" soap is the best soap, as it is believed to be purer and less likely to harm the hair or scalp. Rinse the hair with cool water. Why should cool water be used for rinsing? (Answer.) Dry the hair as well as you can with a large bath towel. Girls have so much more hair than boys that they find it necessary to dry it in the sun; it is better to have the hair thoroughly dry before combing and brushing it. How often should the hair be washed? Men or boys, since they have "short" hair, once a week; with girls and women, since their hair is so long, once in two weeks or even once a month, the difference in time depending upon the difference in hair. For girls and women, there is

apt to be a danger to the hair in washing it too frequently, especially if the scalp is a "dry" one.

(2) *Not too frequently,* because washing too frequently (like, for instance, going in swimming or bathing every day as some are lucky enough to be able to do) will wash the natural oil out of the hair, and it will become stiff, brittle, and hard to comb. In such instances, it is a good thing to rub a little vaseline or oil (pure olive oil) into the scalp with the tips of the fingers. Famous swimmers do this after leaving the water. Do not do this unless your hair gets wet a great deal, and gets dry. Use a brush instead.

(3) *Wash the brush and comb,* with warm water and soap frequently. Why should the brush and comb be washed? Why should warm water instead of cold be used? (Answer.) Why should soap be used? (Answer.) How often should the comb and brush be washed? Once every week or two.

(Boys) Have Your Hair Trimmed Often:

When a boy's hair gets too long it gets thick and hard to comb and brush neatly. It hangs in his eyes and around his ears, and makes him uncomfortable in many ways. You will look much better and feel

much cleaner if you have your hair cut before it gets too long. Hair that is well trimmed is much easier to brush and comb, and wash.

Try to Remember—Try to Practice

1. Brush your hair well (use good strong strokes):

   Each morning
   Each night
   Before meals
   Whenever else it may be necessary

2. Wash your hair:

   With warm water and soap
   Rinse with cool fresh water
   Not too frequently

3. Keep the comb and brush clean

Some Problems to Talk About

(At Home and In Class)

1. What is a "dry" scalp? Should it be washed more frequently or less frequently than usual?

2. What good does dry brushing do your hair?

3. Have you ever been to the seashore? What effect did the salt water bathing have on the hair? Why?

Bad habits are enemies

4. Why is "castile" soap a good soap for use in washing the hair?

Helps for Workers

1. Find out if you can the best kinds of soap for washing the hair. Bring some samples of each to school.

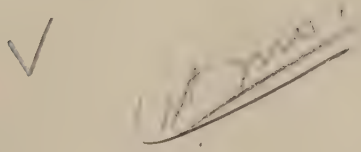
2. Bring a fine-tooth comb to school to show your classmates. How should it be used, and what is it good for?

3. The next time you boys get a hair-cut, notice how "good" you feel afterward.

4. Bring a good hair brush to school. Why is a brush with good stiff bristles better than a soft one?

5. Tell how you keep your comb clean.

6. Tell how you clean your hair brush.



CHAPTER II

CARE OF THE TEETH

WHY SHOULD WE CARE FOR THE TEETH?

No doubt there are a number of reasons that will come to your mind. These reasons might be expressed in different ways, but one way of expressing them might be in this form:

(1) *Eating.* We need good teeth in order to chew our food well. If we don't chew our food well, we may get sick. So we must have good teeth, and in order to have good teeth we must take good care of them—just as you would care for anything else that you thought very valuable and wanted to keep.

(2) *Talking.* If you don't take good care of your teeth, they will decay and hurt you, and then they will have to be pulled out. When your "second" teeth come out, they leave empty spaces where the teeth ought to be. These empty spaces will never be filled, unless false teeth are put in, and no one likes

to use them. If many of your teeth are gone, these empty spaces in your mouth will cause difficulty when you try to talk. Teeth are needed in order to speak clearly. You will not realize this fully until you get older, *but remember, the better care you take of your teeth now,* the *longer they will last you as you grow older.* Many people wish that they had taken better care of their teeth when they were young. You have your chance now.

(3) *Appearance.* Perhaps you have noticed the teeth of some people when they laugh or smile. Many will show a fine solid row of beautiful white teeth which helps to give them a pleasing appearance. When others laugh you may notice teeth that are yellow or dark in color, or, perhaps, instead of having a solid row of teeth, some of them will be missing. You will notice that when the teeth are not of a clean white color or when some of them are missing, it seems to spoil the pleasant appearance of the smile. Teeth are also needed to give the proper shape to the cheeks and face. It may sound strange, but it is true that if you were to lose a great many of your teeth, it would be likely to change the appearance of your face, so that your cheeks would have a hollow look.

Make your teeth last a life-time

(4) *Good Health.* Bad teeth poison your body and cause a great deal of sickness. A decaying tooth (or decaying food between the teeth) in your mouth is

Which Will be Yours?

A Pretty Mouth
Why?

An Ugly Mouth
Why?

like a little sewer, or a dirty gutter that empties into your mouth—and it is just as filthy and just as dirty. You swallow this dirt and filth. You don't

want anything like that in your mouth, do you? If you do not, be sure to take good care of your teeth.

Much sickness is supposed to come from decayed teeth. Doctors say that the poison from a bad tooth may be carried in the blood to other parts of the body.

HOW CAN WE TAKE GOOD CARE OF THE TEETH?

By Keeping Them Clean. Remember, a Clean Tooth Seldom Decays!

Another way of expressing it is this: "A polished surface seldom decays." Your teeth will hardly ever decay at the points or places that are kept polished and clean. Decay generally starts at a place that is not polished, or which is not kept clean.

Brush and Clean the Teeth:

(1) *Before breakfast.* This is a good time, because it can be done while you are in the bathroom for your morning wash. Along with the other cleaning that you do, it will help you to start the day right by refreshing you and getting your whole body awake after its long rest through the night. Cleaning the teeth at such a time will take the "taste" out of your

mouth (many people are troubled with a slight but disagreeable taste in their mouth, which arises during sleep). It will help to give you an appetite for breakfast. How many boys and girls will try to think of these things tomorrow morning when they get up? (Show hands.)

(2) *After each meal if possible.* Be sure to clean your teeth after a meal, especially if you can feel some food (like a small piece of meat) stuck between your teeth. Be sure to get it out right away. Why? What will happen to this food if it is allowed to stay there? (Answer.) Who can tell us why we should try to clean the teeth after each meal? Perhaps you will be interested to know that many people who go out for the day to work (away from home and their tooth-brush) carry a small folding tooth-brush with them, or else keep a separate brush at their place of employment or business. Why do they do this?

(3) *Before going to bed.* Many people who have a disagreeable taste in their mouths in the morning could get rid of it by taking the trouble to clean their teeth carefully before going to bed at night. Food left between the teeth will not only cause the teeth to

decay, but will also, in decaying, cause an unpleasant taste in the mouth. The most of this decay takes place during sleep.

How to Brush Your Teeth:

Brushing the teeth properly so that not one of the surfaces is missed is not easy. In order to make sure of reaching every spot, it is best to have a very clear plan in your mind, and to *follow that plan every time you brush your teeth.* The plan that is given here, if followed, will make it easier for you to brush your teeth well. This is not the only plan that can be used, but it is a good one.

First, we will pretend that we are brushing the OUTSIDE SURFACES of the teeth (the sides of the teeth that touch the inside of the cheeks and lips).

After that, we will pretend to brush the INSIDE SURFACES of the teeth (the sides of the teeth next to the tongue) and also the ROOF OF THE MOUTH.

Last, we will pretend to brush the GRINDING SURFACES of the teeth (the "tops" or the surfaces of the teeth on which we chew our food).

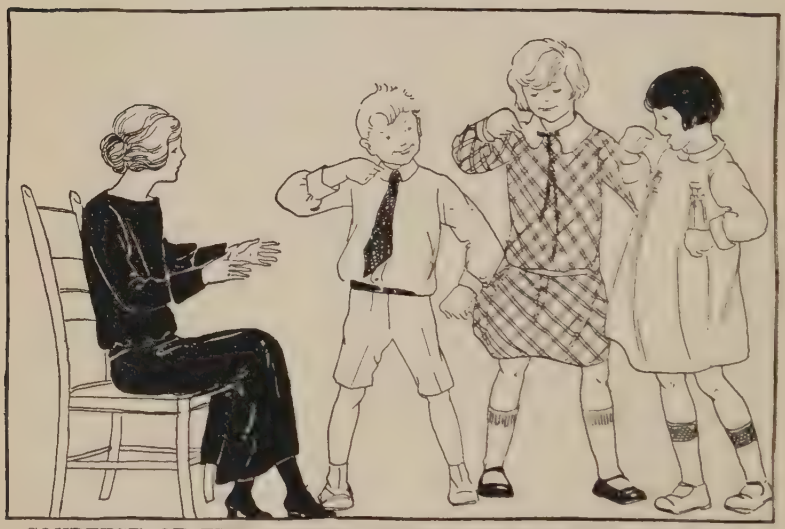
A tooth brush "drill" (what is the use of a drill?) is good fun. Let us pretend that we are brushing

our teeth, and at the same time learn how to brush the teeth properly.

Tooth Brush Drill:

For a tooth brush drill, a real tooth brush can be brought to school, or else the forefinger can be used as an imaginary tooth brush. (If you use your finger

The Tooth-Brush Drill!



COURTESY OF THE UNITED STATES BUREAU OF EDUCATION

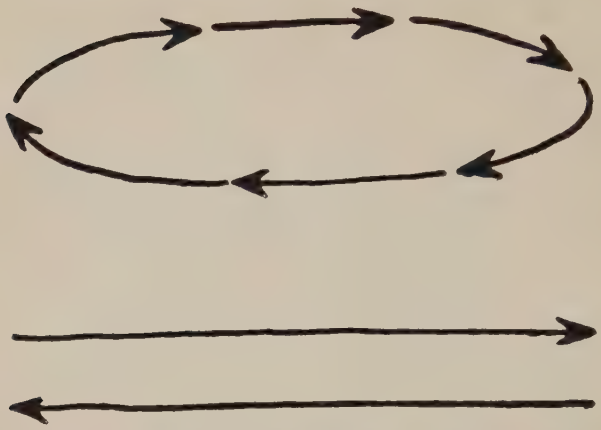
This is the way we brush our teeth, brush our teeth, brush our teeth—all on a Monday morning!

Repeat the idea in your mind

do not put it into your mouth. If you use a tooth brush for the drill in school, do not put it into your mouth, unless you have running water in which to rinse it occasionally). If we use our fingers for an imaginary tooth brush today, perhaps everyone in the class will try to bring in his own tooth brush for a drill in our next lesson.

For the *imaginary* drill hold the finger (or brush) outside the mouth just next to the spot on the cheek or lips where the particular teeth lie.

(1) *Outside Surfaces.* Move the brush backward and downward across the upper teeth and gums on the LEFT side, and bring it forward and upward across the lower teeth and gums, then again—backward and downward across the upper teeth and gums and forward and upward across the lower teeth and gums. This circular or oval movement should proceed from tooth to tooth somewhat as the pen moves along the line in making "continuous ovals" in penmanship. Count (in your mind) as you do so: "Backward-1, Forward-2, Backward-3, Forward-4," and so on up to 10. (Do not say "backward" and "forward", just count "1-2-3-4-5-6-7-8-9-10"). Just for



practice let us with our brush (or finger) imagine we are cleaning the outside surfaces on the *left* side.

"Ready:" "Position:" "1-2-3-4-5-6-7-8-9-10."

Now in the same manner let us pretend to brush the *outside* surfaces of the *front* teeth. Remember to brush across and *down,* and *back* and *up* again. Count as before. Be sure to move the brush a little so that all of the teeth on that side are cleaned.

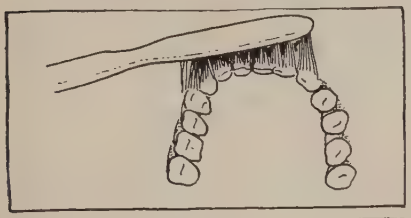
"Ready:" "Position:" "1-2-3-4-5-6-7-8-9-10."

In the same manner, pretend to brush the *outside* surfaces on the RIGHT side. To do this properly, it will be necessary to hold the brush in your fist and extend your thumb along the back of the brush to hold it steady. Remember, *backward* and *downward,* and

Carry it out exactly—

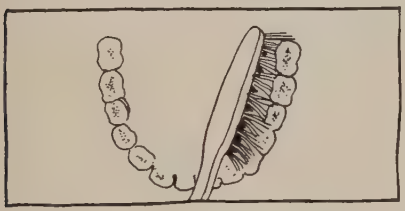
forward and *upward.* Count as before. Be sure to reach all of the teeth.

"Ready:" "Position:" "1-2-3-4-5-6-7-8-9-10."

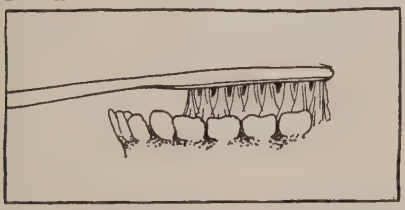


Brush the upper teeth and gums downward, away from the gums.

Brush the lower teeth and gums upward, away from the gums.



Be sure to clean the back surfaces of the last (end) teeth.



Brush the top surfaces of the back teeth, too.

COURTESY OF THE PRO-PHY-LAC-TIC BRUSH COMPANY
FLORENCE, MASS.

As well as you can every time

(2) *Inside surfaces.* Brush the surfaces of the teeth *inside* the mouth (toward the tongue) with an in-and-out stroke of the brush movement. Use a light fast stroke. Be sure to reach all the way back and brush around the very last tooth. Reach all surfaces of the last tooth, *inside, outside,* and *back,* if possible.

As you brush the teeth, brush lightly the gums around them.

We will begin by brushing the upper teeth first. Begin at the LEFT as usual. Count as before. Do not miss any of the teeth. Hold the brush in your fist with your thumb along the back. Point the handle downward.

"Ready:" "Position:" "1-2-3-4-5-6-7-8-9-10."

Now the *upper* teeth in the *front* (inside surface, remember). Tip the handle of the brush down, and brush with the bristles at the end of the brush. Pull the brush down. Don't forget the gums. Be sure to reach every tooth.

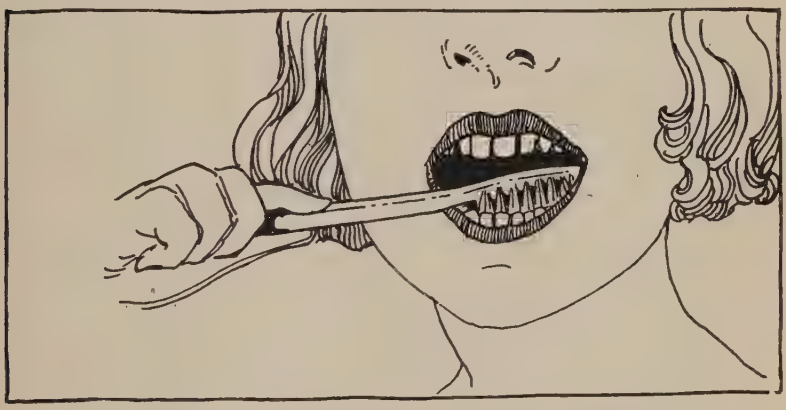
"Ready:" "Position:" "1-2-3-4-5-6-7-8-9-10."

In the same manner as you brushed the *upper* teeth on the left, we will now pretend to brush the *inside*

surfaces of the *upper* teeth on the RIGHT. Don't forget to include the gums, too. Hold the handle of the brush in your fist, with your thumb along the bottom of the handle. Point the handle downward.

"Ready:" "Position:" "1-2-3-4-5-6-7-8-9-10."

Now pretend to brush the *roof of the mouth.* Use the same light fast in-an-out movement of the brush. Count to 10.



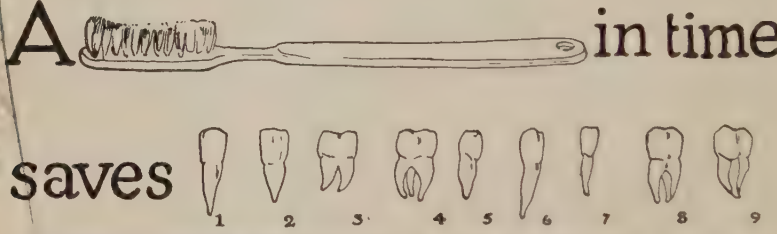
Getting at the inside surfaces.

Now brush the *inside* surfaces of the *lower* teeth.

Begin with the *left* side, then the *front,* then the *right* side. Count up to ten as before and don't forget to include the gums. Remember, too, about

brushing all around the back tooth on each side. When you brush the *inside* surface of the *front* teeth (lower) point the handle of the tooth brush upward, and brush with the bristles at the end of the brush, pulling the brush upward. *Left (Inside)*—Brush forward and up—"Ready:" "Position:" "1-2-3-etc. to 10." *Front (Inside)*—"Ready:" "Position:" "1-2-3-etc. up to 10." *Right (Inside)*—Brush forward and up. "Ready:" "Position:" "1-2-3-etc. to 10."

(3) *Top of the teeth or "grinding" surfaces.* The "grinding" surfaces, or tops, of the teeth are the parts of the teeth which cut and grind the food. Use a straight backward and forward stroke, and count to



COURTESY OF THE METROPOLITAN LIFE INSURANCE COMPANY

ten. *Upper* teeth first, *left* then *right;* afterward, *lower* teeth, *left* then *right.* (The *front* teeth do not need to have their cutting surfaces brushed; why?).

Begin to-day

Upper-left, "Ready:" "Position:" "1-2-etc. to 10."
Upper-right, "Ready:" "Position:" "1-2-etc. to 10."
Lower-left, "Ready:" "Position:" "1-2-etc. to 10."
Lower-right, "Ready:" "Position:" "1-2-etc. to 10."

Now Your Mouth Should Be Clean! Now that we have learned this at school, how many will try hard to practice it at home? (Show hands.)

Other Points to Remember :

(1) Before brushing the teeth, make sure that all particles of food between the teeth are removed, either with dental floss or with a soft tooth pick. (Read about them on page 66.)

(2) Make sure that no matter which of the other times for cleaning your teeth you may miss, that you do not miss cleaning them before you go to bed. That is the most important time of all for cleaning, *as most of the decay takes place during sleep.* Make sure, therefore, that there is little food left there to decay.

(3) It is important to use a fast, but light, stroke of the brush. If you brush too hard you will cause the gums to bleed, and besides it will spoil your brush,

as it will cause the bristles to spread and flatten out. Never use a brush like that—buy a new one.

(4) Care should be taken of the "first" or "milk" teeth, as the second teeth may be injured or interfered with, if proper care is not given to the first teeth.

(5) Some people brush their teeth for two minutes, instead of counting. If you wish to do that, be sure it is TWO minutes by the CLOCK. (Why "by the clock"?)

(6) It will help the gums, if occasionally you will "massage" the gums with your fingers. That will be "exercise" for them, and exercise, you know, is helpful. Be sure to wash your hands before putting your fingers into your mouth.

Take Proper Care of Your Tooth Brush:

(1) *Have your own tooth brush.* Never use one that belongs to some one else. After you get your own tooth brush, make sure that no one else uses it. Why is it a bad thing to use a tooth brush that some one else has used? Not only make certain that no one else uses your brush, *but make sure that* YOU *use it yourself! Regularly.*

Allow no exceptions

(2) *Wash your tooth brush after using it.* Clean out the particles of food and other impurities, by turning the spigot so that the water rushes out full force, and stick the bristles under it, so that the force of the water will carry away the unclean substances.

(3) *Keep your tooth brush in a clean place.* Do not place it in the same glass or holder where it can touch the tooth brush of anyone else. That would be almost as bad as using another's brush, wouldn't it? Do not place it where liquids or substances, dirt or dust, can drop on it. A medicine closet, a separate glass on a shelf, or the regular tooth brush holders on the wall are good places. If your tooth brush is not kept clean, the next time you use it, you *may put dirt or disease into your mouth!*

(4) *Where possible, put your tooth brush out to dry in the sun.* Sunlight is a great disease and germ killer. Make it a point to place your tooth brush in the sun occasionally, especially when there is not too much dust in the air.

Other Things to Use:

(1) *Clean water.* Where possible use the water as it flows from the faucet, or spigot.

(2) *Tooth powder or paste.* When you wash your hands, you need something else besides water. You need soap, too. Just so in cleaning the teeth something else besides water is needed. Some people, when they are in a place where they can get nothing better, use soap—a pure soap, but most people, because soap is unpleasant to the taste, prefer tooth paste or tooth powder, both of which contain some soap, but so flavored that you do not notice it. Many dentists recommend powder rather than paste, because it is drier and therefore cleans and polishes the teeth better, but there is probably not much difference. (If you wish to save money, you will find on Page 376 a prescription for tooth powder which any druggist can make up: in this manner it will be possible for you to get a whole quart of tooth powder for about 25 cents.)

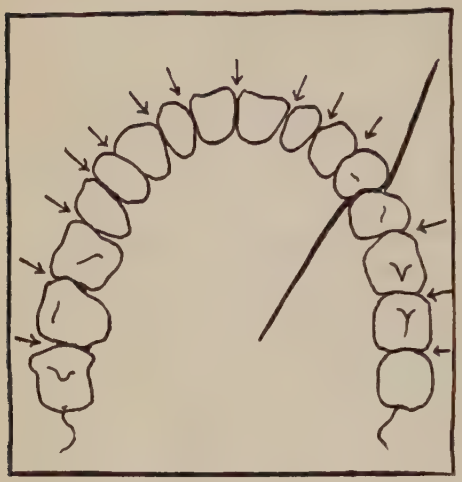
(3) *A tooth pick or quill.* While it is not polite to pick the teeth at the table, or in the presence of others, no fault can be found with using a tooth pick in the bath room (or anywhere else where you are alone) in order to loosen any particles of food that your tooth brush cannot loosen. The tooth brush, while it is a splendid thing to use for the sides of the teeth, cannot get in between them very well, and it is

often necessary to use something else too. If you use a tooth pick, a round one is better than a square one, as sharp edges hurt the gums and make them bleed.

(4) *"Dental floss,"* which is like a thread with a thin covering of wax, can be bought at the drug store. The silk thread covered with wax can be run through the spaces between all of the teeth, and it is probably the best thing for that purpose. It ought to be used at least once a day, if possible. Be sure to wash your hands before and after using it. It is better to use the dental floss or soft tooth pick *before* brushing the teeth. Why?

(5) *A mouth-wash.* It is a good thing to rinse (what does "rinse" mean?) the mouth with a mouth-wash of some kind, because a mouth-wash if held in the mouth and forced between the teeth will reach spots that your tooth brush, or even dental floss, cannot reach. A good mouth-wash not only helps to clean particles of food from between the teeth, but it also will kill any disease germs that may be there. Salt water that is not too strong is a good mouth-wash for this purpose, and it costs very little because you can make it yourself by putting a pinch of salt into a glass of water. There are other kinds of mouth-wash

Brushing teeth is fun—tooth-ache isn't



How Dental Floss Cleans Between the Teeth (where your tooth-brush cannot reach).

Dental Floss (pull it back and forth, between the teeth).

Note how closely some of the teeth fit together. Run the dental floss in the space between each pair of teeth so that every space is cleaned. Do not use cotton or silk thread as that may injure the teeth, or cut the gums.

Dental floss is covered with a wax-like substance that helps to protect the surfaces of the teeth and the gums from injury.

Use the dental floss every evening on both upper and lower teeth.

A clean tooth seldom decays

made especially for this purpose. They can be bought at almost any drug store. Some of these are supposed to be very helpful in preventing "bad" or ill-smelling breath. Be careful about this matter of bad breath. It is very disagreeable to those about you. (If you have it very often you should consult a doctor.)

Rinse the Teeth with Lime Water:

(What does "rinse" mean?)

After cleaning the teeth with your tooth-brush, rinse the teeth with lime water. (For directions for making lime water, see Page 377, Chapter XVII.) The lime water will help to make your teeth white and strong, and will help to keep them from decaying. Keep the lime water in your mouth for at least a minute, and force it back and forth between the teeth until it foams. Use the lime water full strength if possible, but if it seems too strong add water to it. After you have finished rinsing with the lime water, rinse out the mouth with plain water.

Follow This Order at Night:

First—Clean your nails and wash your hands.

Second—Use dental floss or a soft round tooth pick to remove particles of food from between the teeth.

Do you "rinse" your mouth or "wrench" it?

Third—Brush your teeth.

Fourth—Rinse the mouth with a mouth wash.

Fifth—Rinse the hands and dry them.

Visit the Dentist Before You Have Toothache:

If you wait until your tooth hurts you, before going to the dentist, it may hurt you a great deal to have your tooth treated. Besides that, you have had a decaying and unclean tooth in your mouth for weeks

The Dentist Is a Good Friend

Before Going *After Going*

Good habits prevent pain

before the pain forces you to go to the dentist. Better go before you have any pain. Then he can give you little treatments that do not hurt, and your teeth never become badly decayed. How often should one go to the dentist? About twice a year, or once every six months. It is best to set aside regular months each year (for instance, December and June), and to go when those months come around. Then when December comes, or June comes (or whatever month you may select) you can say to yourself, "It is time to go to the dentist again—*before* my teeth start to hurt."

Save Your Teeth—Don't Have Them Pulled:

Many times, people with toothache have teeth pulled when they could save them by having them treated by the dentist. Sometimes they do this because they are impatient and angry at having the toothache, or perhaps they do not want to take the time to have a tooth treated and filled. Other people think that it is cheaper to have the tooth pulled. They forget that it is worth many dollars to save a tooth and have the use of it for a number of years. Whenever it is possible, have the dentist save your tooth by filling it, instead of pulling it, even though it does take more time, and seems more expensive.

A clean tooth seldom decays

If it is given proper care, a tooth should last a lifetime. After your "second" teeth are gone, no others will come to take their place. The other teeth that are left must do the extra chewing for the teeth that are gone, and your food will not be chewed so well. You will miss your teeth very much. Do not have a tooth pulled just because it is hurting you. Save it if you can.

Tough Foods "Exercise" the Teeth.

Should the boy give the good crust to the dog or eat it himself? Why?

How do animals care for their teeth?

Eat the Right Kind of Food:

Eat food that will build up good strong teeth. Eggs, milk, whole-wheat bread, apples, grapes, corn, and spinach are good bone-making foods, and will help to give you good, strong teeth. Other foods that are also good for this purpose are corn flakes, oatmeal, nuts, prunes, currants, figs, berries, and tomatoes.

Food that is rough and a little hard to chew is also good for the teeth because it "exercises" them. The hard chewing pushes and moves the part of the tooth that is in the gum, and helps it to get a good supply of blood.

Too much sweet food causes the teeth to decay. For that reason it is bad for the teeth to be eating candy all the time.

Try to Remember—Try to Practice

1. Reasons for giving the teeth proper care:
   1—Good teeth are needed for chewing our food well
   2—Teeth are necessary for speaking clearly
   3—Good teeth improve our appearance
   4—Decaying teeth poison the body
2. A clean tooth seldom decays

If you don't respect yourself, who will?

3. When to brush the teeth:
   1—Before breakfast
   2—After each meal if possible
   3—Before going to bed
4. How to brush your teeth:
   1—Outside surfaces—left, front, right
   2—Inside surfaces—left, front, right
   3—Grinding surfaces
5. When brushing the teeth:
   1—Brush the gums
   2—Brush the roof of the mouth
6. Other points:
   1—Use dental floss or a soft pick before brushing
   2—Cleaning teeth before going to bed is the most important time
   3—Use a light fast stroke
   4—Do not use a brush after the bristles become flat
   5—You may brush your teeth for two full minutes instead of counting
   6—Massage the gums
7. How to take proper care of the tooth brush:
   1—Have one of your own; permit no one else to use it
   2—Rinse it after using
   3—Keep in a clean place
   4—Put it in sunlight to dry whenever possible

"Teeth like pearls"

8. Other things to use (besides a tooth brush):
   1—Clean water—"running water"
   2—Tooth paste or powder
   3—A soft tooth pick or quill
   4—Dental floss
   5—A mouth-wash
9. Visit the dentist every six months, because:
   1—Then he can fix your teeth without hurting you
   2—He will fix your teeth before they become badly decayed. (This will help to keep your mouth clean and pure)
   3—He will give your teeth a good cleaning, much better than any you can give
10. Save your teeth:
   Have them filled, not pulled
   Make them last a life-time
11. Eat the right kind of food
   Bone-building foods
   Coarse foods that exercise the gums.
   Not too many sweets
12. A polished surface seldom decays

Some Problems to Talk About

(At Home and In Class)

1. "Save the surface, and you save all." Why is this saying a good one to remember for the care of the teeth?

2. What can you do in school that will help to show that you are brushing your teeth at home?

3. How can you get a tooth brush, if you do not have one now?

4. How do animals keep their teeth clean? Why is it that we need tooth brushes to keep our teeth clean, and animals do not?

5. Do wild animals ever put anything very hot (like very hot soup or hot potatoes, for instance) into their mouths? Or anything very cold (like pieces of ice) into their mouths?

6. If you give a dog or a cat something very hot, on a plate, notice how it acts toward it. Does it like to take it in its mouth while it is hot? The next time somebody gives a dog some ice cream (some dogs being very fond of it) notice which part the dog eats first.

7. Are things that are very hot or very cold, good for the teeth?

8. Is it better to use a large tooth brush, or a small one? Why?

9. Is it better to use a tooth brush with bristles all the same length, or a brush having bristles of different lengths? Why?

10. When going to bed, should the teeth be cleaned before, or after, you take off your shoes? Why?

Never miss a chance to practice

Helps for Workers

1. Bring your tooth brush to school. Tooth brushes have different shapes. Do you see anything "special" about the shape of your tooth brush? If so, tell your classmates why this special shape may be a good thing. Hold it up for the class to see.

2. Who will bring a tube of tooth paste to school? Let us see how many different kinds we can bring. Let those who do not bring tooth paste, bring tooth powder. Let us see how many different kinds of powder we can bring. Hold each different kind up so all of the class can see it.

3. Who can bring the right kind of tooth pick to school to show to his classmates?

4. Who will be sure to bring some "dental floss" to school, and show how it is used?

5. For a whole week, mark on a page in your note book how many times you clean your teeth each day. Your teacher will show you how to draw lines on the page, so that you can mark when you brush your teeth each day.

6. Who knows the tooth brush drill so well that he can stand before the class and show how it is done?

7. Print some letters, and let the strokes of each letter be a tooth brush. Print: CLEAN TEETH out of letters made of tooth brushes.

"The candy habit" means bad teeth

8. Hunt through some magazines (in the advertising part) until you find a good picture about the teeth. Cut it out and bring it to school. Your teacher will show you how to paste it on a piece of paper. Print a motto about the teeth, under it. Make the letters of "tooth brushes."

9. Write a jingle (poem) about "clean teeth."

CHAPTER III

CARE OF THE NOSE AND MOUTH

Keep the Nose Clean:

(1) *Keep the inside of the nose clean*—(the outside of the nose will be kept clean, of course, when you wash your face). By keeping the nose clean, we mean forming the habit of keeping the inside of it clear so that we can breathe properly, and speak clearly. We should form the habit of clearing the nose, or "blowing it," every morning when we first get up as a part of our general "waking up and cleaning up" habits. Be sure to blow the nose occasionally during the day, even though you may not have a cold in the head. The nose should "feel clean" inside at all times. By blowing the nose now and then during the day we may possibly get rid of any disease germs that may have been breathed into the nose.

(2) *Be sure to have a clean handkerchief* at all times. A dirty handkerchief is not pleasing for others to see, and it is not wise for you to use one. When you have a cold, carry two or three handker-

chiefs with you, if possible, so that you can always use a clean one, as the one that you have used soon becomes unfit for use. Do not keep soiled handkerchiefs about you—throw them to one side to be washed in boiling water.

Blow the Nose Properly:

Blow gently

One side at a time

Use a clean handkerchief

Turn to one side while blowing the nose

(3) *"Blow the nose" gently.* Do not blow it hard, nor strain, in order to clear it. Blowing your nose too hard may cause it to bleed, or it may even hurt the ear—give you the earache, or something worse, per-

haps. If your nose is in such condition that it is difficult to clear it by blowing, you need the care of a doctor. The best way to blow the nose is first one side, and then the other. Do not blow both sides at once. Do not clean the nose in the presence of others —it is a disgusting habit, and well-bred people do not do it. It is seldom necessary to pick the nose, but if it is at any time, do it when you are alone, and with your finger or thumb, *covered by your handkerchief.*

(4) *Do not blow the nose at the table.* Touch the handkerchief to the nose (and turn your head to one side) but do not blow the nose very hard. If you have a cold, attend to your nose before you go to the table. If necessary, excuse yourself from the table for a few moments, rather than blow your nose at the table. It is not a proper thing to do at the table. If absolutely necessary, touch the handkerchief to the end of your nose, without blowing it.

(5) Remember, where possible and when possible, *attend to the cleaning of your nose in private.* Sometimes, when others are present, it is a good thing to excuse yourself and step out of the room for a minute to clear the nose, especially if you have a heavy cold.

How can bad habits cause shame?

(6) *Never swallow the waste matter* that is apt to collect in the "back of the head" (back of the nose and upper part of the throat). Either spit it out (into a safe place, like the toilet, for instance), or else empty it onto a handkerchief.

CARE IN COUGHING AND SNEEZING

Never Cough or Sneeze on Others:

If in the presence of others be sure to cover the mouth and nose with a handkerchief, and turn the

When Sneezing or Coughing:

Turn head away

Use a handkerchief

Make it as quiet as possible

Show respect and courtesy to others

head away (and don't forget to excuse yourself when you do so). It is dangerous and disgusting unless you are sure to use your handkerchief—*before* or *as* you sneeze or cough. *"Afterward" is too late*—the damage has been done. By using your handkerchief you prevent others from "catching" your cold from you (or possibly some other disease), and the use of the handkerchief also "smothers" the sound of the sneeze or cough. This is very important when some one is speaking, or if you are in a public place—school, church, concert, or theater, where a noisy cough or sneeze is very disturbing to others, and is a sign of impoliteness. There is no excuse for not using your handkerchief, because your throat or nose will always give you a warning a few moments ahead of time. Take the warning signal, *get your handkerchief ready, and hold it in your hand.*

Never Sneeze or Cough on Food or Drink:

This is very important for those (like some of our girls in class) who help to prepare the meals at home. The thing to do is to turn the head away, and cover the nose and mouth with a handkerchief. Would you want to eat or drink anything into which some one

How do children catch the "whooping cough"?

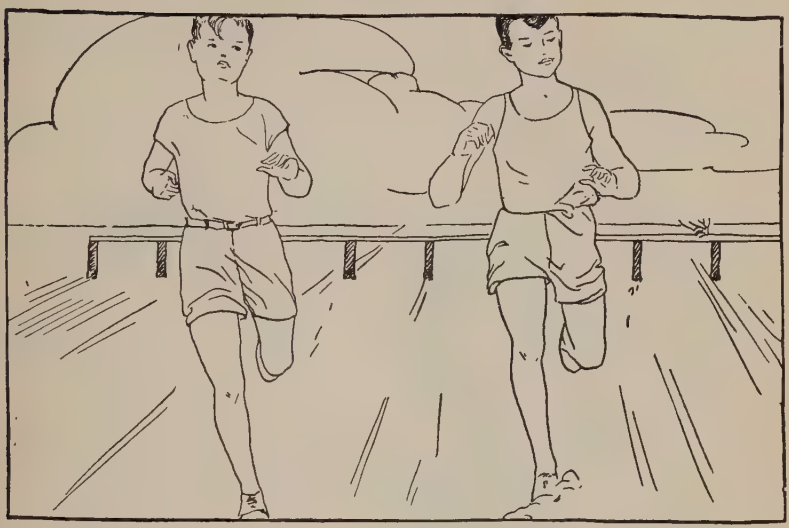
had sneezed? Then be just as careful for others as you would be for yourself. When eating, in order to avoid sneezing or coughing onto food in the dishes on the table before you, turn the head aside, and cover the nose and mouth with the handkerchief before you sneeze or cough. (Don't forget to "excuse yourself," afterward.)

OTHER HELPS FOR YOU

Breathe Through the Nose:

Do not breathe through the mouth. You can get all the air you need, by breathing through the nose. The mouth is for eating, the nose for breathing. It is the natural way to breathe. Breathing through the nose warms the air, and helps to make it pure. Even fast runners who need lots of air when they are running, breathe mostly through the nose. If you cannot breathe through the nose very well, go to the school doctor, or your family physician. It may be that there is something wrong with the air passage of the nose or throat that can easily be made right. Those who breathe through the mouth are generally sickly, and weak, and do not get along very well in school. The nose is the natural organ for breathing; be sure

Breathe Through Your Nose



Good athletes do most of their breathing through the nose. Even when "out of breath" at the end of a race, their mouth is almost closed.

you breathe through it. Mouth breathing not only makes one feel dull and stupid, but if it is continued for a long time, it will even change the expression on one's face, and make it look dull and stupid, too. Remember, "Breathe Well—Live Well."

To-morrow never comes

Mouth breathing causes your face to look like this:

Eyes dull

Nose thick

Lip short and thick

Teeth stick out

If you can't breathe through your nose, get it fixed.

Keep the Hands Away from the Nose and Mouth:

There is a double reason for this. In the first place, your hands have no business up around the nose and mouth, and it does not look well. There is something unpleasant looking about the appearance of one who has his hands wandering around his face. In the second place, it is a dangerous thing to do. Your hands touch ever so many things during the day, and it is probable, that even though they look clean and

One defect causes another
then you have two

feel clean, there may be a few disease germs on your hands. They cannot be seen of course. These disease germs easily get into your body through the nose or mouth. Of course, it is just as important, too, that you do not let your hands touch the nose or mouth of others—unless you carefully wash them first. This applies especially to those who handle their little brothers and sisters, or the baby.

Keep Pens, Pencils, and Other Things Away from the Mouth:

From a study of the paragraph that you have just read, about keeping the hands away from the mouth, you ought to be able to think of at least two good reasons why pens, pencils, and other things should not touch the nose or mouth. Who can name one reason? (Answer.) Who can name the other reason? (Answer.) There are still some more reasons:

(1) *Accidents often happen* from having things in the mouth that have no business there. Small articles frequently slip back into the throat, and there is danger of choking to death. You frequently read of such accidents in the daily papers. In some cases, where the child does not choke to death, very often a

painful operation is necessary to remove the substance. Sharp, or pointed, things should not be near the nose or mouth at any time, as a sudden bump

A Dangerous Habit

The little girl is running with a pencil in her mouth. Why is this dangerous? What other habits like this are dangerous, too?

from another pupil in the yard or classroom, or from a playmate, if on the street, or even a stumble and fall will cause the thing to run deeply into your mouth, or cheek, or nose. One little girl had a darning needle in her mouth in the school yard. Some one

ran into her accidentally, and she had to be taken to the hospital to have it taken out of her jaw.

(2) *There is danger of disease* in putting a pencil or penholder into the mouth. You don't know who may have had it in his mouth before you, and what disease germs he may have had in his mouth. There is always danger of catching colds, measles, whooping cough, scarlet fever, diptheria, or some other disease, in this manner.

(3) There is still another reason, although it does not directly concern your health. You will generally bite, chew, or suck whatever you put into your mouth. If it is a penholder or pencil you will gradually bite it, and chew it until it is spoiled so badly that you will want to throw it away and get another. In other words, it is wasteful of money, to destroy things by biting on them and chewing them. Besides that, think how babyish it must seem to others to see a good sized boy or girl chewing on something, like a little baby. We expect to watch the baby, and keep him from putting such things into his mouth, but not a grown up boy or girl. *Therefore, keep all foreign substances out of the mouth.* (What is a "foreign" substance?)

Bad habits cause suffering

Do Not "Trade" with Others, Things that You Have Had in Your Mouth or that Have Touched Your Mouth:

The worst example of this is perhaps the filthy habit of "trading chewing gum" after it has been in the mouth. This practice is so bad that it has become a joke, and decent people will not think of doing such a thing. It is a disgusting thing to think about, even though there were no danger of catching a disease. But there is great danger of that, too, of course.

Try to Remember—Try to Practice

1. Keep the nose clean:
   - Blow the nose gently
   - Clean it well in the morning
   - Keep it clean during the day
   - If possible, attend to it *in private*
   - Do not pick it—(in public, or without using a handkerchief)
   - Never swallow waste matter from nose or throat
2. Coughing and sneezing:
   - Never cough or sneeze on others
   - Never cough or sneeze on food or drink:
     - Turn the head aside
     - Use a handkerchief

Get a clear idea of the habit

Have your handkerchief ready
Smother the sound
Excuse yourself if in the presence of others

3. Breathe through the nose:
   If you have trouble—go to a doctor
   Mouth breathing makes one feel dull
   Mouth breathing makes one look dull
4. Keep hands away from the nose and mouth:
   Do not bite or chew the finger nails
   Do not suck the thumb, or fingers
      It looks babyish, and is disgusting
      You are likely to get a disease
   Do not get your hands near the mouth of the baby
5. Also, keep away from the mouth and nose:
   Pens, penholders
   Pencils
   Sharp pointed objects
   Small objects
   Any foreign substance
      Reasons: Poor appearance
      Danger of disease
      Danger of accident
      Destruction of property
6. Do not "trade" or exchange with others:
   Gum, that has been in the mouth

Repeat the idea in your mind

Partly-eaten fruit
"Used" spoons, forks, etc. (unwashed)
Drinking glasses, cups, or plates, that have been used by others (unless they have been washed)

Reasons: Danger of disease to self
Danger of disease to others
Disgusting thing to do

Some Problems to Talk About

(At Home and In Class)

1. Is it dangerous to put money into the mouth? Why? (Two reasons.)

2. How does the conductor on the trolley car, or any other person who has to separate papers singly or count paper money, prepare his fingers so they will not slip, without putting them into his mouth?

3. What is the best way of moistening the back of a stamp? Of sealing an envelope?

4. Is it necessary to put the end of a thread into your mouth before threading a needle?

5. Are "comforters" for the baby wise things? Why?

6. Why do doctors wear rubber gloves during a surgical operation?

7. Why should partly eaten fruit not be traded? Is it dangerous to accept, for eating, fruit that still

has a skin on it, like for instance, a banana, or an apple, or an orange—provided it has not yet been bitten into?

8. Is it wrong to use a spoon that someone else has used, if it has not been washed? Who can give a reason? Who can give another? What other useful article used at the table comes under the same rules?

9. Would there be danger from a drinking glass, too? Why? Remember, that a great many states have passed laws forbidding public drinking cups in parks, hotels, places of amusement, or on trains. Why were such laws passed? Instead of a public drinking cup, like the old-fashioned iron ones that everybody used, what useful things do we have instead, that enable everyone to get a drink without danger of catching a disease?

10. Would it be wrong to use a dish or a plate that some one else has used without first washing it? Let us see. People put forks into their mouths, and then they put the fork on the plate, don't they? Could disease germs get from the mouth to the plate? Who will tell us how?

As well as you can every time

11. Is it wise for you to kiss another member of your family who has a cold (or a disease of any kind)? Why?

12. Why is it a bad thing to suck the thumb, or chew or bite the finger nails?

13. Is it better to kiss the baby on the cheek, or on the lips? Why?

Helps for Workers

1. What is a "finger stall"? Bring one to school and tell how it is used, and why.

2. Bring in to school a waxed paper wrapper that came wrapped about a loaf of bread. Why is it placed about the bread?

3. Who will try to find out how big bakeries keep the hands of the baker and workers from touching the dough while it is being made into bread?

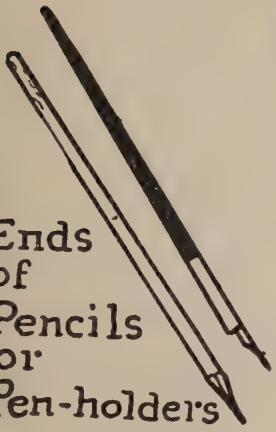
4. Bring a clean handkerchief to school with you tomorrow. Would it be a good idea to have an extra one, too? How could we make sure that the teacher knows that each of us has a clean handkerchief?

5. Handkerchief Drill: Let each pupil quietly and gently blow the nose, showing that he knows the cor-

Bitten Apple

Stick of Candy

Lolly-pop or Taffy



Ends of Pencils or Pen-holders

Used Chewing-gum

Eraser

Do not put into your mouth anything that has been in the mouth of another. Why not?

rect way to do it. (Be sure to have a clean handkerchief.)

6. Who can show us how to sneeze into the handkerchief in the proper manner? Let us all practice it in class.

7. Open the windows. Let each one in the class close the lips firmly and breathe in deeply and slowly through the nose. Then let the air out again through the nose. Together: "Breathe in," "breathe out."

8. Practice running with the lips closed. If necessary let the air out through both nose and mouth, but breathe the air *in* through the nose *only*.

9. Bring in the account of any accident that you read about in the newspaper, which has been caused by having objects in the mouth that should not have been there. Read the newspaper account to your classmates. How could the accident have been prevented?

10. Do not put your fingers into your mouth in order to whistle "loud." It is better to use the tongue and teeth.

11. Who can tell a good way of breaking the bad habit of chewing or biting the finger nails?

Begin to-day

HABITS OF PERSONAL CLEANLINESS

CHAPTER IV

CLEANLINESS WITHIN THE BODY

"Getting Out the Ashes"

Our bodies should be clean inside as well as out. In many ways our bodies are like furnaces, or stoves. In order to have a good strong fire in the furnace it is necessary to put into it good fuel, and just in the same manner it is necessary for us to put good food into the body. Good food supplies heat to the body just as coal supplies heat for the furnace.

After the coal has been burned up, ashes are left. Now an engineer knows that if he wishes to keep a good steady fire in the furnace, it is necessary to clean out the ashes at regular times every day. So it is with our bodies. After the food has been used up, there are ashes to be cleaned out from the body regularly every day. If the ashes from the used up food are not cleaned out every day, our bodies will be clogged like the furnace; and just as the fire goes

out when the furnace gets clogged, so, too, we feel dull and tired and weak, and have headaches. That is because our body is clogged—the "ashes" have not been removed. The name sometimes used for taking

Keeping a Good Fire In the Furnace

The fire will not burn well if the ashes are not taken out. The ash pit at the bottom of the furnace must n o t become clogged up and thus spoil the fire. It m u s t b e cleaned out regularly.

Your body is like a furnace, and the ashes should be removed regularly.

the ashes from the body is the ELIMINATION (getting rid of, or casting out) of WASTE (that which is not needed). It means the same thing as "getting rid of the ashes" of the body.

No exceptions

HOW TO GET RID OF THE WASTE FROM THE BODY

Breathe Fresh Air—Night and Day:

Some of this waste is sent out from the body with the air that we breathe out. So breathing plenty of fresh air in the day time, and sleeping with the windows open at night, help to get rid of some of this waste matter.

Play and Exercise Often—Keep the Skin Clean:

Some of the waste is sent out, or "eliminated," through the little holes in the skin. It is called "sweat," or perspiration. Plenty of good exercise helps us to send out a large amount of this waste matter through the holes in the skin. This "sweat," or perspiration, looks like plain water, but it isn't at all. It is water, but it has in it many impurities and much waste from the body. In this manner the skin helps to eliminate, or get rid of, waste. Keeping the skin clean by washing it helps the skin to get rid of the waste, too. That is one reason why we should take a bath in the morning. It helps to get rid of the waste that collects in the skin during the night, and it cleans the skin and prevents the little holes from getting clogged up (what does "clogged up" mean?) so

What Happens If the "Ashes" Are Not Cleaned Out of the Body Every Day?

that more waste can be eliminated during the day. You can see that it is necessary also to clean the skin well *after exercising,* so that the waste does not clog it up.

There is an interesting little story that shows this. In order to imitate a statue, a child was once covered all over with gold leaf (something like silver paper or tin foil that comes around tobacco and cigarette packages). This gold leaf clogged up the skin so that the waste could not get out. This waste, then, had to stay inside the body and it poisoned the child and made her very sick.

Remember, then, that exercise helps to force waste through the holes in the skin, and that frequent washing and bathing is necessary to keep the skin from getting clogged up.

Drink Plenty of Water:

Remember to drink plenty of water during the day, but not a great deal before going to bed at night. Drink a glass of water as soon as you get up in the morning. Drink as much water as you want between meals. Drink some water with your meals. When you drink water with your meals, do not use it "to

wash the food down." Swallow the food first, then drink. Water taken with meals should be sipped, a little at a time, rather than swallowed in large gulps. Do not forget that water helps to wash out the waste and poison from the system. Drink plenty of it between meals.

Get Rid of the Wastes of the Body Regularly:

Some of this waste comes out in the form of liquid. We should form the habit of getting rid of this liquid waste at any time it is necessary—never try to hold back, or wait, as it may injure you.

A great deal of the waste is sent from the body through the bowels, or intestines. Much sickness is caused by the fact that many people do not attend to these important matters as promptly as they should. Very often because people are busy, they neglect to do this. Others get in a habit of not attending to the needs of the body as often, or when, they should. The result is that the bowels get clogged and do not work properly, and then it is necessary to take medicine to get rid of the waste. Exercise is a good thing for bowel movements. It is better to take exercise than to take medicine. Green vegetables and fruit are also helpful.

Exercise is better than medicine

These Help to Keep the "Ashes" from Clogging Up the Body

Nature has made the body so that a signal is given, which every one understands.

The waste of the body, the burnt out fuel or "ashes," should be gotten rid of regularly. If our habits are not regular, the bowels will soon lose the power to work properly. Headaches, biliousness (or an "up-set" stomach), and other troubles are often the result.

For the sake of your health, train yourself to observe these habits daily at nearly the same time. You know that it is good for your body to get food at regular times. It is also good for the body to get rid of the "ashes" at regular times. It is just as easy to form this habit at certain times during the day as it is to form the habit of eating at certain times during the day. Make a habit of tending to the needs of your body each morning, after meals, and in the evening before going to bed. Try to attend to such needs also before going out anywhere. After a few days you will find that the bowels will move at certain regular times each day. A great deal of the failure of these organs to move properly—called "constipation"—is due to the fact that many people are too careless or

too lazy to take the time to attend to such matters as they should.

Constipation has been called the great American disease. It is not talked about, yet most people suffer from it in some way. Boys and girls should know of this great danger. You should practice the right kind of habits, so that you can avoid the unhappiness that comes from this trouble—constipation. Remember, you cannot be healthy unless you get the ashes out of your body each day. The more ways you try to get rid of the waste, the healthier you will be. Waste poisons the body.

Try to Remember—Try to Practice

1. Elimination through breathing:
   Breathe plenty of fresh air
   Sleep with the windows open
2. Elimination through the skin:
   Get plenty of exercise
   Keep the skin clean
3. Drink water:
   On arising in the morning
   Frequently during the day
   Mostly between meals
   Not too much during meals

Drink lots of water

4. Empty the bladder:
   - On arising in the morning
   - Before coming to school
   - At recess
   - Before going out anywhere
   - Before going to bed
   - Whenever else it may be necessary

5. Remove the "ashes":
   - Obey the warning signal immediately
   - Form the habit of getting rid of body wastes at regular times.

Some Problems to Talk About

(At Home and In Class)

1. Why is it a good thing to sleep with the windows open?

2. How can you help your skin get rid of waste matter?

3. What would happen if all the little holes ("pores") in the skin were closed so that no waste matter could get out?

4. What happened to the child who was covered with gold leaf? Why?

5. Have you ever noticed when away from home

that a change in drinking water will clog the bowels? What should be done in such a case?

6. Why is it a good thing to eat fruit for breakfast?

7. Is it better to eat or throw away "rough foods" such as crusts, baked potato skins, etc.? Why?

8. Inquire regarding the difference between hot milk and cold milk as foods, and their effect upon the body. Do you know the value of buttermilk as a food?

Helps for Workers

1. Tell your classmates how you get fresh air when you are asleep. How far do you leave your window open? How many windows do you have?

2. Look for the holes in the skin through which the waste matter comes. Who will bring a magnifying glass to school so that we can see them better?

3. Form regular early morning health habits to be observed before coming to school.

4. Remember that regular habits, exercise, and proper foods are better than medicine.

5. Look after the needs of the body at recess periods. Forming regular habits in such matters will result in good health.

6. Make a list of the things to eat that will keep the bowels regular.

and he who has hope has everything"

CHAPTER V

CLOTHING

Only a very few of us can afford to wear fine new clothes all of the time—especially for everyday or school wear. But while we may not be able to wear new clothes all the time, at least we can try to keep the clothes that we do wear neat and clean, no matter how old they may be. We should never think less of people because their clothes are old. We should respect everyone who tries to be neat and clean, even if his clothes may not be new.

AVOID TIGHT CLOTHING

Anything which is young and growing can easily be trained to grow out of its natural shape. A piece of string tied to a young tree and pulled over to one side will cause the tree as it grows older to grow crooked insead of straight and tall. In some parts of China, the old custom of "binding" the feet of little girls is still followed. The feet are bound tightly with

bandages to make them small. Why is that a harmful practice? The missionaries and the more learned Chinese have done much to stop this. With all of our boys and girls. it is necessary that they be

A Lesson Taught by a Tree

This young tree has been bent out of shape by a strong wire. Will it grow up to be a straight or a crooked tree?

Does this teach us anything about the kind of clothing to wear? What harm will tight clothing do to children?

sure to wear clothing that is not too tight for them. Such tightness (or pressure) will harm the natural growth of different parts of the body.

Don't grow like the tree

Do Not Wear Tight Waist-Bands:

Waistbands (especially for girls) *should not be too tight,* as they will interfere with the natural growth and work of the various organs (what is an "organ"?) inside the body. This may cause a great deal of trouble and suffering later in life. Many years ago it was considered very fashionable to have a small or narrow waist, but now women and girls are more sensible and give their waists more freedom. This enables them to take part more actively in sports and games, and makes them healthier in many ways.

Do Not Wear Tight Garters:

Circular garters, that go around the leg, either just above or just below the knee, should not be worn too tight as they will interfere with the circulation of the blood, and cause injury to the bloodvessels of the leg.

Do Not Wear Tight Shoes:

Shoes should be carefully fitted. Do not wear a shoe that is too large or too small, if you can help it. There is more danger in getting a shoe that is too small than too large. Tight shoes, if worn constantly, will cause hard painful spots to appear on the feet, known as "corns". They will also press the foot out

Wear Sensible, Comfortable Shoes

Tight shoes hurt the feet, twist them out of shape, and weaken them so that walking makes you very tired. The big toe should point straight ahead. Which is the better shoe? Notice the toes. Which shoe is most like a cruel "prison" to the toes?

of shape, and will cause difficulty in walking easily and naturally.

Does YOUR big toe hurt?

UNDERCLOTHING

Kinds of Material:

There are several kinds of material used in making underclothing, the most common being:

(1) *Cotton* is probably the best material for underclothing as it is comfortable to the skin. It is cool, and it easily lets the heat and air out from the body. It does not need to be washed as often as wool. It washes easily, that is, it does not shrink much. Cotton underclothing can be worn not only in summertime, but unless one has a weakness of some kind, it can be worn without danger in the winter as well. It has an extra advantage in that it is less expensive than other kinds of underclothing.

(2) *Linen* underclothing is very comfortable and healthful, being somewhat like cotton. It is apt to be too cool for wear in winter, but it is even cooler than cotton in summer. But linen underclothing is not worn much anymore, as it is not much cooler and is much more expensive than cotton underclothing.

(3) *Silk* underclothing is so pleasant and so comfortable to the skin that many people like it even though it is very expensive. It may be worn in both

winter and summer. For those of us who are not rich, cotton underwear is better for every day use, because it is less expensive.

(4) *Woolen* underclothing is very warm, and is valuable in the winter time for those who must be outdoors most of the time. For those who are indoors a great deal, it is apt to be too warm, for houses and schools and offices are kept heated to a comfortable temperature, and woolen underclothing is not necessary. Such people, when they go out, put on heavy coats and wraps that make up for the lack of warmth in the underclothing. Woolen underclothing is very uncomfortable for some people as it "tickles" the skin, or makes them "itch". It is more expensive than cotton, and must be washed more often, especially if one perspires freely. It does not wash very well, as it is likely to shrink.

Proper Use of Underclothing:

Do not wear damp underclothing. If possible, change the underclothing after perspiring freely. Never wear underclothing that has become damp or wet from perspiration. Take a bath, put on fresh underclothing, and hang the damp underclothing

where it will dry. If the underclothing is not actually soiled, it may be worn again a day or two later.

Do not wear underclothing after it has become soiled. Remember that the underclothing becomes soiled on the inside from waste matter from the skin. Such underclothing becomes uncomfortable and does not let the air out from the skin. If worn too long, it will have a disagreeable and unclean smell. Clean underclothing is healthier and is more pleasant to wear.

Change the underclothing more often in summer than in winter. In the summer, underclothing becomes soiled more quickly from sweat and perspiration. If your supply of underclothing is plentiful enough, and it does not make too much work for others, it is a fine thing to put on fresh underclothing every day or two. If you can not that often, then change twice a week. Never wear underclothes more than a week without changing.

Air underclothes at night. Before going to bed separate the underclothes from the rest of your clothes, and hang them up, either on a chair or a hook, where they can be "aired" and dried while you are

What is wrong in this picture? What should be done? Why?

asleep. In the morning, they will be dry and therefore healthier and nicer to wear. Hanging them up also keeps them off the floor where they would be likely to become dirty.

NIGHT CLOTHING

Years ago, before modern heating for houses came into use and before certain kinds of cotton cloth came into use, woolen clothing was used for night clothing.

In those days, the bedrooms were not heated very well. Now, however, houses are much better heated, but because it is a custom to shut off the heat during the night and also because the bedroom gets chilled somewhat from the open windows, it is necessary to

Night Clothing Makes a Pleasant Change

Don't wear your underclothing when you go to bed at night. Regular night clothes feel good to the skin. Wear them. It doesn't cost any more, either.

use heavier night clothes in the winter time than in the summer time.

Wool and flannel are not used any more, because they are too uncomfortable and are not needed, but

Clean clothing feels good

there are certain forms of cotton that are much heavier and warmer than other forms of cotton. Flannelette is a form of cotton that is woven with a "fuzzy" side or "nap", which makes it quite warm. Flannelette is much used for night gowns, night shirts, and pajamas in the winter time.

In the summer time, lighter weaves of cotton are used such as crepe, nainsook, and many others. Silk is sometimes used.

Proper Care of Night Clothing:

Do not allow night clothing to lie on the floor. Hang it up where it can be aired during the day.

Change, whenever night clothing becomes soiled. Do not wear soiled night clothing.

OUTER CLOTHING

For outer clothing, cotton, linen, and silk are to be preferred for summer use, because they are light and cool. Wool clothing is suitable for outer clothes of all kinds for the winter. It is warm, and at the same time permits enough air to pass through to ventilate the skin.

"The apparel oft proclaims the man"

Furs are worn for their appearance in the form of neck pieces, and for hats and gloves. The skin at the back of the fur does not permit the air to pass through, and for that reason a complete suit of furs would be unhealthful. A fur hat is not as healthful as one that is not made of fur. Fur is very valuable, however, in the form of gloves for those who must be out in winter weather, particularly drivers of wagons and automobiles.

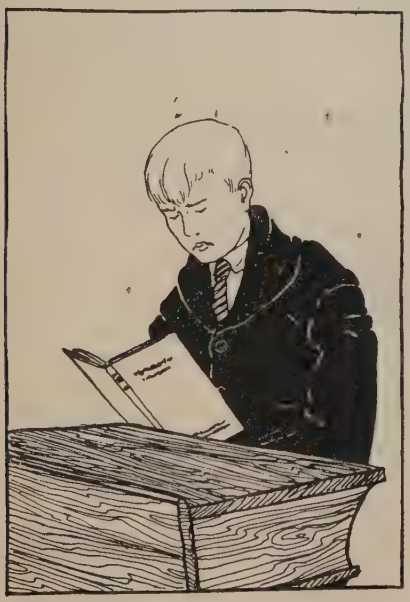
Rubber is valuable in wet weather, for keeping out moisture. It is used on raincoats, hats, and in the form of rubber boots, or "rubbers," to cover shoes. Rubber, like fur, does not allow the air to pass through it, for that reason it is not altogether healthful. Therefore, it is not a good thing to sit in the house or in school with rubber boots on, or with rubbers on over shoes. Rubbers should be removed indoors.

Suggestions Regarding Outer Clothing:

Be sure to remove furs, sweaters, and other heavy coats or wraps when you are indoors. Otherwise you may become overheated and catch cold when you go out.

Wear clothing to suit the weather. Do not go out in rainy weather without rubbers and an umbrella or raincoat. Be sure that your clothing is warm enough in cold weather.

Wear special clothes for rough games or play. Do not play hard when you are dressed in your best clothes. It is a good thing to have special clothing (or even "uniforms") for play, if possible. A base-



Clothing That Is Too Warm Makes You Feel Weak and Uncomfortable

If you become overheated indoors, you are likely to catch cold when you go out.

Some schools have a rule against wearing sweaters indoors. Is that a good rule? Why?

Did you ever feel as he looks?

Change with the weather and the season

ball uniform is much better than a suit of clothes for playing baseball because it does not hurt to get it dirty. It will allow you to play better, too, because it will give you more freedom. Girls as well as boys should have uniforms for their games.

The Picnic Caught in the Rain

Of course, "it always rains on a picnic," doesn't it? Everybody's clothing will get very wet.

What should they do with their wet clothes as soon as they get home? Why?

Wear clothing of a color suitable to the season of the year. Dark clothes are better for winter wear as they hold the heat of the sun, while clothes of a light

Wear Special Clothes for Play

You can play better. You won't spoil your good clothes.

color—white or tan or light gray—are better for summer wear, as light colors protect us somewhat from the heat of the sun.

Be sure to change outer clothing according to the season of the year. Wear cotton, linen, or silk in the

summer and wool, or mixed "cotton and wool" in the winter.

Always remove rubber overshoes and boots when indoors.

Care of Outer Clothing:

Keep your clothing clean and neatly pressed. Our clothing may be "worn" looking but we can always keep it clean and neat, and pressing with an iron is not expensive or hard to do. Proper care will save a great deal of washing, cleaning, and pressing of clothes. Outer clothing should be cleaned regularly. Suits should be either cleaned at home or sent away to be cleaned once in a while.

Hang up clothes to air. After play, be sure to hang up the clothing that you have taken off so that it may be aired and "dried" of any perspiration. Always hang your clothes up so they may be aired. This also keeps your clothes looking neater, and will not make it necessary to have them pressed so often. Never leave clothes lying around on the floor.

Protect clothing from moths. In the summer time winter clothing should be stored away, either in trunks, or in moth-bags, to prevent its being eaten

by moths. (What is a moth?) And in the fall, the heavy clothing should be taken out, and the summer clothing should be put away carefully. It is a good thing to clean the clothing before putting it away. Furs, too, are generally put safely away during the summer.

Keep shoes in proper shape. When shoes are not in use, it is a good thing to keep them in "shoe-trees". (What is a shoe-tree?) This helps to keep them in shape, and therefore will help to make them last longer.

Keep rubber goods in a dry place. When "rubbers" or boots are taken off, they should be carefully placed in a dry place, so that they will be able to dry off quickly. If they are wet on the inside and are not given a chance to dry, they will rot much sooner than if they are given a chance to dry, and are kept in a dry place. Never put them too near the fire. (Why?)

Try to Remember—Try to Practice

1. It is more important that clothing should be neat and clean than that it should be new

2. Do not wear tight clothing:
   - Tight waistbands
   - Tight garters
   - Tight shoes
3. Cotton is best for underclothing for most people
4. Take proper care of the underclothing:
   - Change frequently
   - Change after play
   - Wear only clean underclothing
   - Change more frequently in summer
   - Air during the night
5. Flannelette is a good material for winter night clothing. Cotton in its special thin forms is best for summer.
6. Take proper care of night clothing:
   - Keep off the floor
   - Air during the day
   - Always wear clean night clothes
7. Outer clothing:
   - Cotton, silk, and linen for summer
   - Wool and fur for the winter
   - Rubber for wet weather
8. Some rules to remember:
   - Do not wear rubbers or rubber boots indoors
   - Wear clothing to suit the weather

Repeat the idea until you know it

Wear clothing to suit the occasion — play clothes, for playtime; do not play hard when dressed in your best

Wear dark colors in winter; wear light colors in summer

9. Take proper care of your outer clothing:

Keep it clean; keep it neatly pressed

Wash suits occasionally—at home or send to tailor

Always hang clothing up to air

Store summer clothing away in winter

Store winter clothing away in summer

Keep shoes in "shoe-trees" when not being used

Rubbers and boots should be kept in a dry place

Wet clothing should be removed as soon as possible

Some Problems to Talk About

(At Home and In Class)

1. Do you think that a Chinese woman or girl who has had her feet "bound" could run as fast, or walk as well as one whose feet had been allowed to grow

naturally? Would they get tired quickly? How would your feet feel if treated the same way? Are tight shoes comfortable? Healthy?

2. If you put a tight rubber band around your finger, what happens to your finger? How can you compare the wearing of tight clothing to this?

3. Clothing should be light, warm, loose, and suitable. Why?

4. Why should shoes be carefully fitted to the feet?

5. To dress plainly and suitably adds to the success of the boy or girl. How?

6. If you were to buy all your clothing, what materials would you choose for the different seasons of the year? Why?

7. How do animals keep warm or cool in the different seasons of the year?

8. Sometimes boys and girls seem fretful and ill. Could clothing ever be the cause of this? How?

9. Unclean underclothing and nightclothing may cause disease more quickly than unclean outer clothing. Why?

10. Why is it important to air all of your clothing?

11. Why should winter or summer clothing be stored when not in use? How should it be done?

Put spirit into it—it's lots of fun

12. Rubber articles should not be worn indoors? Why?

13. In what games should uniforms be used? Why? What should be done with your uniform after the game?

Helps for Workers

1. Tie a string tightly around a growing plant. Note the effect on the plant.

2. Watch your classmates and notice if they have poor positions due to tight clothing. Tell them how to correct it.

3. Look in a shoe-store window at the different shaped shoes. Notice which shoes are most like the shape of the foot.

4. Bring in pictures of the foot-wear worn by people in different countries.

5. Wet the soles of your bare feet, stand on a piece of colored paper—outline the impressions. Bring it to school to see if your arch is correct.

6. Make posters using magazine pictures to illustrate proper underwear, night clothing, outer clothing, and shoes.

7. Write poems on clean and proper clothing.

Never miss a chance to practice

8. Write stories as if clothes were real people—1. how clothing thrown on the floor feels, 2. how unclean clothing takes pleasure in making boys and girls ill.

9. Make a collection of different materials used in making clothing, and find from which plant or animal each comes. Make a list of articles of clothing made from rubber. If possible bring some to school.

10. Bring a brush to school and show how to clean a coat.

11. Keep a chart each week. Check up on yourself each day. Make a chart like this:

RULES:	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
1. Brush clothes outdoors.							
2. Pressing and mending when needed.							
3. Put clothes in proper place.							
4. Change underclothing.							
5. Place soiled clothing in bag or basket.							
6. Polish shoes each morning.							

Always the same way—the right way

CHAPTER VI

CLEANLINESS AT SCHOOL AND AT HOME

Be Neat and Clean Wherever You Go:

Not only must we keep our clothes and our bodies clean, if we want to take pride in being clean and healthy, but we must also see that the things about us

The Importance of Being Neat

Which boy seems to have the better chance of getting the job? Why?

are kept clean, too. Indeed, it is almost impossible to keep our bodies and clothes clean, if the things about us are not kept clean. Boys and girls should remember this, and should try to be neat. They should try to help others to keep things neat and clean, wherever they may go. But boys and girls go to so many different places, and do so many different things in the course of their busy lives that we shall not try to talk about all of them. There are two places that we can talk about because all boys and girls spend a great deal of time there. These two places are your home and your school. School, since you spend so much time there, is very much like a home to you and should be almost as dear to you as your home is. Therefore, you should try to keep your school as clean as your home.

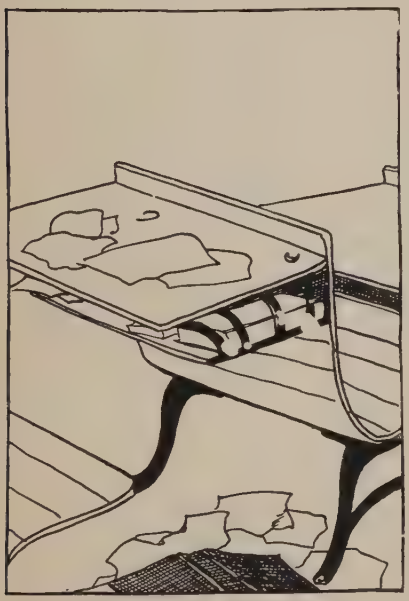
CLEANLINESS AT SCHOOL

Help to Keep Your "School-Home" Clean:

Look about you in the classroom, and you will think of many ways of helping to keep your school clean. Keep your desk clean, of course. If you do not use the same desk all day, but use a number of different desks, you ought to do your part to help keep each

Carelessness causes work for others

desk that you use as clean as possible. Your desk should be cleaned every day—put the books in order, and see that no paper or old pieces of partly eaten lunch or fruit are left beneath it. The top surface should be scrubbed once in a while. A bit of lemon



Cleanliness at School

What is wrong with the desk?

What should be done?

Your d e s k i s your home for five hours a day. Keep it neat and clean. Look at it now.

will help to remove ink stains without hurting the varnish. And of course the fewer the marks put on the desk, the less trouble it will be to get them off. It should be your special pride and duty to see that

Be neat—and be proud of it

you do not mark the desk with pen or pencil. Remember to be as proud of the appearance of your desk, and of the desks that you use, as you would be of your personal appearance, or of the neat appearance of your home.

Keep the Floor Clean:

The classroom should be kept clean in other ways, too. Your teacher is very anxious that the classroom be always neat in its appearance. The aisles between the desks are very noticeable to visitors. Make sure that no paper gets on the floor in the aisle or under the desks. If it does, it should make little difference who put it there—the pupil who sees it should have class and personal pride enough to pick it up. It is a good opportunity to exercise a bit, too, only be sure to do it in a manner and at a time that will not annoy the teacher, or disturb your classmates. It is a good rule to put paper and other trash in the waste paper basket as soon as you get the chance.

On rainy days, put your umbrella in the umbrella stand or in whatever regular place may be reserved for it, so that it does not "mess" up the floor of the classroom. The same may be said of rubbers and rain-

coats. Put them where they will cause as little untidyness as possible. On a snowy day, brush the snow off your clothing in the vestibule before you enter the school, and stamp your feet well so that as little snow as possible is tracked into the building and into classrooms.

Use the Doormat:

Be sure to use the doormat whenever necessary. It is better to have the doormat worn out than to have unclean shoes tracking mud and dirt into the classrooms. This mud or dirt dries, and when stepped upon turns to dust or powder. If there are any disease germs in it, they, too, as well as the dust, will be carried into the air of the classroom and breathed into the lungs of the pupils—you included.

Never Expectorate ("Spit") in a Public Place:

Spitting is an exceedingly dangerous and unhealthful habit because it often spreads disease. It is so dangerous that many cities have laws against spitting on the pavement, street car, or in any public place. A school is a public place and it is particularly dangerous to spit in the school yard, or in the fire towers or fire escapes. A pupil who does any of these things

is not only filthy and disgusting, but he is very probably breaking the law, too. Be a good citizen. Obey the law at all times. If you must spit, (and some times it cannot be avoided), use your handkerchief, an old rag that can be burned, the toilet, or any place where it will not be a danger to the health of others. Spitting is dangerous to your health and the health of everyone else because anything which comes from the mouth is likely to have disease germs in it. When the spittle (or spit) dries up, the disease germs are likely to be carried into the air, and breathed in by others. Therefore, do not put the health of anyone in danger by spitting in a public place.

Keep the Wash Room Clean:

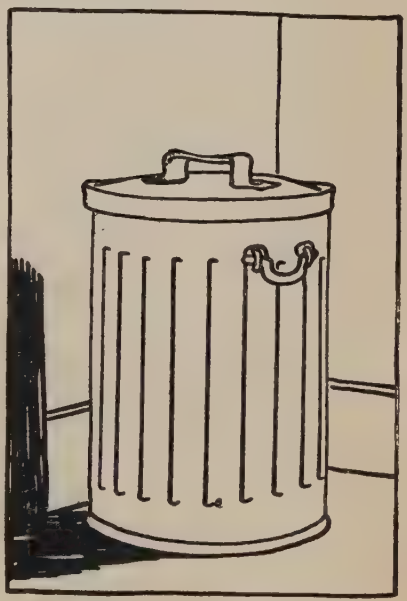
The school wash room may not be a very pleasant place. This is sometimes the fault of the boys and girls. While the school janitor is supposed to clean this room at the end of the day, the boys and girls of the school should see to it that it is kept clean at all times *during* the day. These rooms cannot be kept clean without the help of every boy and girl. Since they are all put there for the pupils of the school it is they who should keep them clean. Be sure to use

them properly at all times. If you should see another child using one in a wrong way, tell him about it. If he continues to do the wrong thing tell the janitor, or your teacher, or the principal of the school. You need not feel that this would be "telling on" some one, because this is a case where you would be doing only your duty in seeing that the wash rooms are kept clean for your own use and for the use of the other pupils of the school.

Put Garbage into the Garbage Can:

Help to Keep the School Yard Clean

Have you a big can like this in your school yard, or basement? Who can tell exactly where it is at this moment? What should it be used for? What about the cover—is it in its proper place here, or should it be as in the next illustration?



Start to-day

Partly eaten fruit, lunch, or garbage (what is garbage?) should not be thrown into the toilet, as it is likely to put it out of order. The proper place for garbage of all kinds is in the garbage can which generally stands in the school yard, or perhaps in the basement. Make sure that at recess time you put the remains from your lunch, (and any other waste matter that you may have) into this can. Do not throw it around the yard, where the paper will blow around. Partly-eaten fruit lying in the school yard is dangerous, too. Someone is likely to slip on it, and have a bad fall. You would not want to be the cause of such an accident, would you?

CLEANLINESS AT HOME

Help to Keep Your Home Clean:

Above all things, you want your home—the place

Neatness begins at home

where you live—to be neat and clean. "A place for everything and everything in its place." That is a good motto for you to remember, and to practice. Then, too, a clean home is always healthier than a home that is not clean. Help mother and all the folks at home to keep things clean—then you and they will be less likely to be sick. Disease germs live in dirt and in unclean places. There are so many important things that boys and girls can do to help keep the house clean that we will not be able to talk about all of them, but we will talk about a few of them—perhaps you can think of some others.

Do Not Keep Rubbish in the Yard:

Let us pretend we are walking home together, and let us look around the house. The pavement and the lawn in front of the house—you can certainly help to keep them clean. Or perhaps you may have a yard in the back of the house. Is there any old rubbish there that ought to be burnt up? If you live in the city, the garbage man or "ash" man will take it away if you put it into a box outside. If you live in the city, the can in which the left-over or spoiled food is kept should be kept with the lid on it. Why? This

If you don't respect
your own home—who will?

can should be cleaned about once a week by scrubbing it. Why?

Use the Doormat:

As we come to the front door—*don't forget to wipe your feet on the doormat.* When we talked about using the doormat in school, what were some of the reasons we thought of? Can you name them now? Would almost the same reasons do, for using the doormat at home?

Keep the Screen Door Closed:

If it is the summer time, make sure to close the

Who Left the Screen door Open?

What does the door need?

How else can flies get into the house?

Why should they not go in?

Clean up—make money

screen door tightly after you, as you enter the house. The springs on screen doors have a way of getting caught or out of order. Be sure that the door is closed all the way, so that no flies can get inside the house. Remember, flies carry disease.

Clean Up the Cellar (Basement):

Let us take a look downstairs—in the cellar or basement. The cellar is generally a very damp place, and therefore not healthful. It should be kept as clean as possible. Is your cellar at home clean? If you want a good healthful home, you should try to get that cellar cleaned up. Get the garbage outside. Old furniture, and old things and articles of all kinds should be moved out. If they are worth anything, sell them to somebody who can use them—perhaps a neighbor; or else sell them to a "second-hand" dealer. Old paper, old iron, lead or copper can be sold to a "junk" dealer — perhaps you can earn some money that way. If you can't sell these old things in the cellar, they are not worth anything, in which case they are *worse than useless; worse* than useless, because while they are worth no money, they keep the cellar dirty and unhealthful as long as they are there.

If you can't sell them or give them away, let the garbage man take them away, or else take them away yourself, or burn them up. But get that cellar clean! Go home to-day, and start. Perhaps your parents will let you have all the money you can earn by cleaning up the cellar and selling the old things. But be sure to ask them *before* you start to sell anything, or give things away. Many cities and towns have a "Clean-Up Week" in the spring of each year, and at such times all good citizens clean out all the old trash or garbage that may have piled up during the year, and get rid of it. This makes the city or town and the home a more healthful place in which to live.

Clean Up Dark Corners:

The things in the cellar that must be kept should be taken out of dark corners and placed neatly on shelves where they can be found and used. If you don't use them, get rid of them. Some people don't like to part with old things, but if you keep talking to your parents, they may give you *permission* to make some money by selling them.

Let as much air and sunshine as possible into the cellar, especially in the summer time. Do not block

Let the sunshine in

up the windows with objects of any kind. Keep the windows clean. Remember sunlight and fresh air in the summer time will help to keep the cellar healthful. Sunlight kills disease germs.

OTHER PARTS OF THE HOUSE TO BE CLEANED

The cellar, because it is the natural place to store things that are not used, is more likely to be in a poor condition than any other part of the house, but the same rules that were used in cleaning up the cellar can, and should, be used for all parts of the house.

All of the rooms and the halls should be cleaned regularly. In sweeping, avoid raising dust as much as possible. Some women dampen the end of the broom in order to avoid too much dust when sweeping. Vacuum cleaners are excellent for that reason. Opening the windows when cleaning not only allows fresh air to come into the room, but it also allows the dust to go out.

Keep Your Bedroom Clean:

Clothes should be hung up in a closet or folded and put away. Do not have a great many small articles around as they collect dust. The bed room should

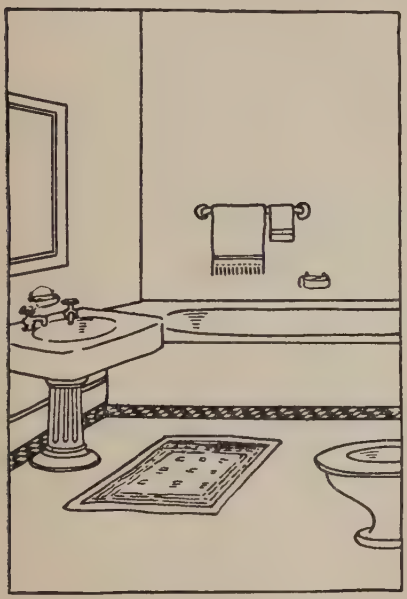
contain few things, and simple furniture that can easily be cleaned. After you have dressed in the morning open the windows again, and air the bed clothing. Raise the shades and let the sunshine in, too, if possible. Sunshine kills disease germs.

Be very careful to examine your bed occasionally and make sure there are no "bugs" in it. Very often people who are just as clean as they can be bring back to their house a bug or two that has gotten on their clothing from some one else—in school, in a crowded store, or in a trolley car. Always remember that while you cannot help trouble of this sort sometimes, it is your duty to get rid of the insects as soon as possible. You can buy, at the drug store, special powders and other things for getting rid of bugs. It is a disgrace to have them about.

Keep the Bathroom Clean:

The bathroom, where every one goes to wash and be clean, should itself be clean and pleasing in its appearance. The bathtub and the washstand should be scrubbed regularly, and after you use either one you should rinse and clean it a little with fresh water, so that it will be clean for the use of the next person who wishes to wash or bathe. If possible, each per-

son should have his own towels with a separate hook for each towel. Separate wash cloths should be used by each. After you have used yours, rinse it out with



Keeping the Bathroom Clean

Many new houses have fine porcelain fixtures in a tile bath room.

What should be done to keep this nice bathroom clean?

Do you do your part in keeping your home bathroom clean?

fresh clean water, and hang it up on a separate hook so that it can dry out.

Keep the Food Fresh and Pure:

The kitchen, where the food we eat is made ready for the table, should be kept free of flies, as they are likely to bring disease. As much as possible, the

food should be kept covered, to protect it from dust or dirt or flies. In warm weather, food not being used should be kept in a cool place (like the refrigerator) so that it does not spoil. Food that has spoiled even a little is likely to make you sick. After the meal is over and the dishes have been washed, everything about the kitchen should be cleaned and put away so that this important little room where your food is prepared remains sweet and clean at all times.

Do Your Best at All Times:

Boys and girls are not able to do all of these things themselves, because the older people about the house decide just how things shall be done. All boys and girls should know about these things, however, because they will some day live in houses of their own, and ought to know how things should be done. Even now, some boys and girls have a great chance to get things done properly if they will only try. Some times a word or two from you, spoken in the right way, may help a great deal. Show that you know what is good for the health of the family.

You can help a great deal by keeping your own things in order. Hang up the clothes that you are

not wearing, and keep them in their proper place. Learn to keep all of your belongings in their proper places. That will help to keep the whole house neat and clean.

Try to Remember—Try to Practice

Cleanliness at School:

1. Keep your desk clean:
   - No marks of ink or pencil
   - No waste paper or partly eaten food
   - No paper on floor under desk

2. Keep your classroom clean:
   - Keep paper off the floor
   - Put umbrellas and rubbers in proper place
   - Use doormat
   - Shake off snow before entering school

3. Spitting:
   - Use the toilet or handkerchief

   Do not spit:
   - On the pavement
   - In the school yard
   - In the fire escape
   - In the street car
   - In any public place

Carry out the idea exactly

4. School washroom:
   - Keep it clean
   - No rubbish or garbage
   - Make others use it properly
   - Warn those who do not
   - Report those who keep on using it in a wrong way

5. Garbage can:
   - For uneaten lunch
   - For skins of fruit, or partly eaten fruit
   - For old paper

6. Keep the school yard clean

Cleanliness at Home:

1. Keep the yard clean:
   - Remove rubbish
   - Garbage can should be kept covered

2. Use the doormat

3. Close the screen doors tightly

4. Keep the cellar clean:
   - Sell old furniture and old clothing
   - Remove rubbish
   - Let in fresh air and sunshine

As well as you can every time

5. Keep the rest of the house clean:
   Clean halls and rooms regularly
   Use a damp cloth for dusting
   A place for everything and everything in its place

6. Bedroom:
   Keep the bedroom clean
   Hang clothing in closet
   Air bed clothes
   Air rooms night and day
   Let sunshine in
   Screen to keep flies and mosquitos out

7. Bathroom:
   Scrub tub, washstand, and porcelain bowls
   Hang up the towel when you are through with it

8. Kitchen:
   Protect food from flies
   Protect food from spoiling from heat
   Clean up after meals

Some Problems to Talk About

(At Home and In Class)

1. How often is your classroom cleaned? How is it done? Who does it? How can you help to keep it clean?

2. Have you ever read any rules against spitting? Where? Why were they put there? Does your town have a law against it? Bring a copy of it to school.

3. In what ways is your school not so clean as it might be? Can you do anything to help improve the appearance of your school?

4. How do flies carry disease germs? Are there any other dangerous enemies who live in your house? How can you get rid of them?

5. How often is your garbage removed? Do you clean the can? What are the best materials to use?

6. Is it necessary to keep some things in the cellar? What are they? If your cellar is damp, what happens to things stored in it? Why is this unhealthful? Why do good housekeepers whitewash cellars?

7. If you were going to sweep and clean, what "tools" would you use? What objection is there to a feather duster? Before you sweep and dust what would you do?

8. Which room should be the cleanest in the house? Why? bedroom

9. What kind of foods go into the refrigerator? How often should it be cleaned? How do you do it and what do you use?

Begin to-day

10. What kind of water would you use for washing dishes? How many dish pans? What other materials and "tools" are necessary for dish washing? After the dishes are washed what should be done to the tools? The sink? Has the drainpipe in your sink ever been stopped up? What caused it? Do you know of some things that will help keep the pipe free from grease? What other things in the kitchen would you clean?

11. Why is it best to have a wash cloth and towel of your own? In public places are people permitted to use the same towel? Why not? What is supplied instead?

12. Is your bed made as soon as you get up? What is necessary to keep every bed clean? On what kind of mattress do you sleep? Are the mattresses today like those of Colonial Days? Which would you prefer? Why?

13. Have you a special place to keep your things? Where do you keep your books, coat, hat? Do you always put them there? Are you helping your mother to make your home one of the cleanest, healthiest, and happiest in our country? Name some ways in which you can help.

To-morrow never comes

Helps for Workers

1. Pretend your desk is your house and the aisles the streets. To be a good housekeeper what things should you do every day? Try doing these things for a week. After that see if you have as much trouble remembering to do them.

2. Your school is like a small city. Make a list of rules to help keep it clean.

3. Clean the yard at home, and be ready to tell us how you did it.

4. See how many flies you can kill in your house. Try to find where they get in and close the openings. Tell us about it.

5. Go down into your cellar. Make a list of useless things. Ask your parents' permission to sell them. Tell us about what you did.

6. Look into magazines and cut out advertisements of things used in cleaning houses. Which do you think are the best and why?

7. Bring in pictures of clean kitchens and bathrooms. Show where the "traps" are in the plumbing.

8. How many kinds of cleansing soaps and powders can you find? Bring in samples of the kind you use at home.

No exceptions

9. Tell us how the covers of your bed are "aired" each day. How can you help to do this?

10. Make a clean and healthful house of your own. Cut out pictures of a living-room, dining-room, kitchen, bedroom, and bathroom. Paste them on paper and bring them to school. Tell us what has been done to keep each room clean. Your teacher may hang up a few good sets.

11. Have some one bring to school some laws about spitting from your own, or from some other city.

CHAPTER VII

FRESH AIR AND SUNSHINE

THE VALUE OF FRESH AIR

Breathe Fresh Air at All Times—Both Day and Night:

What do we mean by "fresh" air? Fresh air is air that has not had a chance to grow "stale" or full of impurities. Generally air grows stale or full of impurities when it is kept inside of houses and other places with walls that keep out the fresh air from outdoors. The air outdoors, whether or not it is a clear day or a rainy one, is always purer. If air is kept indoors with no chance for it to get out, and with no chance for pure air to get in, the air inside becomes impure from dust and from our bodies. You can notice this bad air in a room or a house, after everybody has been away on a visit for a few days, or longer. When you come back home, you will notice as soon as you step inside that the air in the house has a peculiar smell, and your mother will generally say: "Let's open the windows and let some fresh air into

the house." After awhile you will notice that the smell has disappeared. Fresh clean air has come into the house.

Spend as Much Time as Possible Out of Doors:

Everyone should spend as much time as possible

Fresh Air and T. R.

Who was "T. R."? Do you know about the early life of Theodore Roosevelt, and the kind of man he grew up to be? Who can tell us? Who will find out?

Why do we speak of T. R. in connection with fresh air?

out-of-doors in the fine fresh air that is all around, but all of us must spend *some* of our time indoors. Some of us, indeed, must spend nearly all of the day indoors. You, too, spend a great deal of your time in-

doors—some of it in school, some of it at home in the evenings, and some at night, when you sleep. On rainy days, too, it is sometimes necessary for you to spend your play-time indoors.

Bring the Fresh Air Inside:

Two things are necessary in order that we may

Fresh Air and Ventilation

Open windows should be open both top and bottom.

The fresh air comes in at the bottom.

The "stale" air goes out at the top.

have plenty of fresh air indoors at all times: there must be an opening for the impure air to go out, and another opening for the fresh air to come in. For this reason, the windows should be open at the top and at

the bottom. Even fresh air that is inside should be kept moving to some extent, or it will grow "stale."

On days when you must play indoors, be sure that in the room where you play there is a window, open at the bottom and at the top. The impure air will go out at the top and the fresh air will come in at the bottom. If there is a strong wind blowing, it will not be necessary to have the window open more than a few inches. The distance that the window is open also depends on how large the room is, how many persons are in the room, and the season of the year. If the room is small and if there are a great many people in it, the windows should be open as far as possible. Remember that plants and animals and human beings all need as much of the fresh air from outside as they can get, and if it is not possible to be outside, then the next best thing to do is to bring the fresh air inside.

Breathe Fresh Air When Asleep:

Remember, too, that you need fresh moving air to breathe while you sleep just as much as you do when you are awake. Your bedroom window should always be open, both top and bottom, while you are asleep.

Try this to-night

The distance they should be open depends upon a number of things:

(1) the number of people sleeping in the room
(2) the size of the room
(3) the season of the year (winter or summer)

(4) the number of windows in the room
(5) whether or not, it is windy outside.

Avoid a Draft:

If you have more than one window in the room, it is better to have each window open a little than to have one window open all the way and the others closed. This is because having more than one window open helps to keep the air moving (or "circulating"), and that is just as important as letting fresh air in. As a matter of fact, the fresh air becomes "stale" more quickly if it is not kept moving. When the air is moving a great deal, we

call it a "draft," and we should be careful not to sleep or sit in a draft, as too much moving air is harmful to us, just as too much food or too much play is harmful. We are likely to catch cold if we sit or sleep in a draft, especially when overheated.

The air around the body becomes stale. If the air is kept moving, this stale air is carried away from the body and fresh air takes its place. If the air in the room is not moving, it may be fairly fresh, but the air just next to our body will not be as fresh as the air in the rest of the room. The question of keeping the air indoors fresh is called "ventilation," and there are a number of ways of ventilating. Perhaps you can think of some of them and explain them to the class.

THE VALUE OF SUNSHINE

What would we do without the sun and the sunshine? How wonderful it is, and how many things it does for the people of this world! It keeps the world warm, causes the plants and flowers to bloom, and so furnishes us with food. So important is the sun, that in the olden days many heathen tribes worshiped the Sun—the Sun-God, they called it. While it may not have been right to worship the sun as a

"Ride on top of the Bus"

god, nevertheless it shows that even in those days, the people realized how important the sun was to them and to all living things—plants, animals, and human beings.

People who do not spend much of their time in the

Fresh Air and Sunshine Are Good for the Baby.

But the sun should not be permitted to shine into his eye.

"Too much of a good thing" may be as harmful as none at all.

sunlight, generally look pale and weak beside other people. People who work in basements, or cellars, or big buildings where there is little sun; miners who work underground where there is no sun; and men and women and children who live in dark, gloomy

houses where there is little sunlight, do not look as healthy and as strong as those who work out in the sunshine, or live in houses where there is plenty of sunlight. Sunlight helps all growing things, and makes them strong and healthy.

Fresh Air and Sunshine Are Good for Those Who Have Been Sick

A little sunshine and some fresh air help to bring back their strength more rapidly.

A daily "sun bath" is a good tonic.

Perhaps you have noticed that sick people (or people who have been sick and are getting well again) like the sunlight. They like to sit in it, or take short walks when the sun is shining. That is because the sunlight is good for their health. Sunlight is one

of the best things in the world for killing disease germs. For that reason, sunshine is good for the sick room and also for the sick person. Of course, too much sunlight is not good for one who is sick, and one's eyes must be protected from too much sun. When a person has a fever, the room must be kept cool in the summer, so sometimes the shades are drawn down in a sick room.

But some sunlight is good for all of us. Like every other good thing, we must not take too much sunshine as, for instance, on a hot day in summer, too much sun (like too much food) will make you sick. And be careful that the sun is not so strong that it hurts your eyes.

Have you ever noticed animals—cats and dogs, for example—sleeping in the sun? If the sun is not too strong, it will do you good to sit and rest in the sunshine. That is called taking a sunbath. Many people take sunbaths, lying on the sand at the seashore. You must be careful at first if you have a sensitive skin not to get a bad case of sunburn.

You can notice the effect of sunlight on the growth of plants. The side of a plant toward the sun always grows better than the side away from the sun. A

Enough fresh air for everybody

plant kept at the window must be turned so that all sides of it get some of the sun, otherwise it will grow mostly on just the one side—the side toward the window through which the sunlight comes. If a potato is placed for some time in a dark spot in the cellar, it

Fresh Air and Sunshine

P l a n t s cannot grow without them

A n i m a l s love them

They are always better than the doctor's medicine

They are cheap, too

will start to sprout. Notice that these sprouts will grow toward the sun, just as if they were reaching out to it, to get as much of it as possible. Notice also that the sprouts are of a pale, whitish color. If you do not put the potato back into a dark place but leave it in a

place where it will get plenty of sunlight, you will see that these sprouts that were white will turn green, which is a healthy color for a plant to have. What has caused the sprouts to change color?

Play—and Rest—in the Sunshine:

All things need sunlight, especially those that are young and growing. Children, since they are young and growing, need sunlight, too. Get as much of it as you can. Go out into the sunshine and play whenever you can. It is much better to go out into the school yard and play at recess time than to stay in the classroom. After school, be sure to play out-of-doors in the sunshine if you can. Have you ever noticed how much better you feel on a bright sunshiny day than you do on a dull cloudy day?

Play Out of Doors:

In the winter time, even though it is nice and warm indoors, and cold out of doors, it is better for you to dress warmly and go out into the fresh air and sunshine, and play. If you run and jump and play, you will find that you will be just as warm as though you had stayed in the house, and you will be much healthier. There are few days in the winter time

(and *only a few*) when it is so cold or so stormy that you cannot play outdoors, if you are dressed properly. Boys and girls who play out of doors in the fresh

Fresh Air and Sunshine in the Winter Time

Even if it is a cold day, dress warmly and go out and play in the sunshine.

air and sunshine will generally grow stronger, and will be healthier than those who like to stay indoors and play.

Keeping well is lots of fun

Try to Remember—Try to Practice

1. Breathe fresh air at all times
2. Air to stay fresh, must be kept moving
3. Every room should have:
   A place for impure air to go out (upper)
   A place for pure air to come in (lower)
4. Your bodies were made for out-of-door-life, and must have fresh air
5. When you play indoors have:
   Sunshine
   Fresh air
6. You need fresh air when you are asleep as much as when awake
7. The amount of ventilation depends on:
   (1) the season of the year
   (2) whether it is windy or not
   (3) the number of people in the room
   (4) the size of the room
   (5) the number of windows in the room
8. Play and rest in the sunshine:
   Sunshine helps all living things to grow
   Sunshine kills disease germs
   Sunshine will help to make you strong and healthy
   Sunshine is good for the sick room
   Sunshine is good for sick people (or those who are getting well)

The deadliest foes of disease—

9. Be careful—Remember:
   Not to get too much sunshine on a very hot day
   Not to let strong sunlight hurt your eyes
   Not to let the sun shine into the baby's eyes
   Too much sunburn is very painful
10. Play out of doors—Summer and winter:
   In winter—Keep warm by:
      Playing hard
      Wearing warm clothing
11. Remember:
   Fresh air makes pink cheeks.

Some Problems to Talk About

(At Home and In Class)

1. Can you ever spend too much time in the open air?

2. Why are playgrounds established in cities, and especially in the *crowded* sections of the cities?

3. You have read advertisements about schools and colleges. Why do the heads of such schools advertise plenty of open space ("grounds") around the buildings?

4. When you play outdoors are there any sports that would injure the good work that the air and sunshine do for you?

Fresh Air and Sunshine at the Seashore

Why do people enjoy sitting on the beach, as well as bathing? Why do sick people go to the seashore?

5. When you must play indoors, should you play in a room that has some sunlight, or in a room that has no sunlight?

The greatest game ever played—the health game

6. Should the window be open so that you can get some fresh air as you play, or should it be shut tightly?

7. Are there any times when we might have too much air in a room?

8. Are there any times when we might have too much sunlight in the room?

9. What does the saying "Paint your cheeks from the inside" mean? How can it be done?

Helps for Workers

1. Make a list of some sports or games that will keep one in the fresh air and sunshine.

2. Bring two plants to school (or place two in your home), so that one is near a window and gets the sunshine, turning it once in a while so that the sun will strike all sides. Place the other plant in the shade or a dark room. Watch what happens, and tell the class.

3. Make a scrap book containing pictures and verses on fresh air and sunshine.

4. Watch your cat or dog on cold days, and on hot days, and then tell us what they do on each kind of day.

No real success without health

5. Be a sunbeam! See that the rooms you are in have plenty of fresh air and sunshine. See that baby or anyone in your charge is kept in the open air and sunshine.

6. Write a "jingle" verse on the value of fresh air. Write one on the value of sunshine.

7. Make a poster showing the value of fresh air.

8. Make a poster showing the value of sunshine.

CHAPTER VIII

HABITS OF PROPER POSTURE

MEANING OF "PROPER POSTURE"

By "posture," we mean position of the body. There is a proper, or correct, position of the body for every thing that we do during the day—when at work, at play, or even when at sleep. When we speak of "proper posture" we know that we are talking about the correct position of the body.

If we should take exercise and play games all day long, as animals do, we should not need to think about proper posture. It is because men and women, and boys and girls are too busy to play and exercise enough to keep their bodies straight and strong, that special attention has to be given to the matter of posture. When you sit for a long time in one seat—for a number of hours during the day—you must be careful to see that your bodies do not grow into the habit of being in a poor position. You must also be sure to have the proper position when you stand or walk or run, too.

IMPORTANCE OF PROPER POSTURE

There are many reasons why every boy and girl should be anxious to practice proper posture at all times. Proper posture shows to a great extent the kind of boy or girl you are, just as the way a man

Soldiers Have Good Posture

Soldiers are taught and drilled to stand and walk properly. That is why every one admires the splendid appearance of a soldier. Learn to stand and walk like a soldier and have people admire you.

Enlist in the health army

walks tells a great deal about the man. Men and women who are successful always carry themselves well. You can tell that they are leaders of others by the way they stand and walk. Those who "look weak" generally are weak in some way—either mind or body. Boys and girls look much stronger when they are sitting or standing properly. We all admire the fine, straight posture of a soldier, and we can make people admire us, too, by the way we sit, and stand, and walk. Good posture and erect carriage often aid in securing good positions in the business world.

Another reason for standing and walking properly is that they lead toward good health. Your body is a sort of case that holds a great many important organs, and if you do not keep your body in the proper position, the organs will be pushed out of their proper places, or else they will be so crowded inside that they will not be able to do their work well. That would not be good for your health of course. Proper posture at all times enables us to breathe in more fresh air than we could in an improper position. Proper posture aids us in digesting our food. Improper posture often interferes with the circulation of the blood. You will

notice this many times when your foot, or arm, goes to sleep, for example. That is because your foot or your hand has been in a poor position, or else has been in one position for too long a time. Keeping the one position for too long is not a good thing to do. Movement of the body aids in the circulation of the blood.

Good posture gives strength to the body. It helps our bodies to grow straight and strong, and it makes us "feel stronger," too. Proper posture in running will help you to run faster, and proper posture in your games will help you to play the game better. Notice that when you are standing or walking in the proper posture, your body seems stronger than it did just a moment or two before—when your posture was not correct. Your body is firmer—it has more "resistance"—that is, it is not pushed out of the way, or knocked over, as easily as it would be if its position were not good.

SITTING AND STANDING

You cannot very well sit properly unless you have a chair or a seat that fits you. You should be able to rest your feet on the floor when sitting, whether at home or at school. If the chair is too high at home,

Good posture gives strength

foot-rests or foot-stools can be used. If your seat in school seems to be too large or too small for you, ask your teacher to examine it. If it is really too large or too small, she may be able to arrange to get you an-

Good Posture—Sitting

Which girl has the better posture? Why?

other that will fit you better. Sometimes when there are not enough desks of the proper size, teachers permit pupils to use a foot-rest, made of a box, until it is possible to get a desk and bench of proper size.

Remember—When Seated:

(1) *Sit firmly,* with the body erect (do it now).

(2) *Do not let your weight rest on the end of the spine,* but sit well back in the seat so that your two thigh bones (upper leg) can take the weight of your body throughout their length (now do that).

(3) *See that your feet rest flat on the floor;* do not cross them or rest them sideways, as a regular habit.

(4) *The toes of your shoes should point to the front.* As no two people are formed exactly alike, it is natural and proper for some people to have their toes pointing "out" slightly from the front.

You will notice that after you put your body in this position, you will have a tendency to sink, or slip, back a little bit. This is but natural. It is a good plan, no matter what you may be doing, to make a habit of straightening up every few minutes. If you are sitting and reading or sewing, it is especially important to think of this, as sewing or reading has a tendency to cause one to lean over too much, a habit that is bad for the eyes and for the body, too. Even if you are sitting and merely listening to someone, as in class, or if you are watching something, such as a ball game, you should think of correct posture every once in a

while, and straighten up the body, throw back the shoulders, and put the weight on the thigh bones for their full length. After you get used to doing this you will find that it becomes a pleasure to think of correct posture, and restful as well to change your position.

Good Posture—Standing

Chest up, shoulders back. Chin in, "stomach in." Heels together, toes pointing slightly outward. Arms at side, palms in.

Practice These Exercises When Standing:

(1) *Chest up, shoulders back, chin in, "stomach in."*

Repeat the idea

(2) *Heels together, toes pointing* either straight forward, or slightly outward.

(3) *Arms at side, palms of hands flat against legs.*

Notice how much better you feel, when you are standing in such a good position (and you look much better, too). Be sure that when you rise from your seat, at school or at home, you stand erect. In school, be sure not to lean against the desk in a careless way when you are standing. Good posture shows that you have the right spirit. Do not let people get the wrong opinion of you, because you do not wish to "take the trouble." Make sure also to practice proper posture when you are standing in line, in the classroom or in the schoolyard, for any reason. Whenever you stand be sure to show that you know what "proper posture" means.

WALKING

(1) *Keep the body erect.* If possible, walk with the upper part of the body in the same good position that you use when standing properly. Your chest should be well up and shoulders back. Do not slouch along as you walk. People who walk along the street in such careless fashion are not thought much of gen-

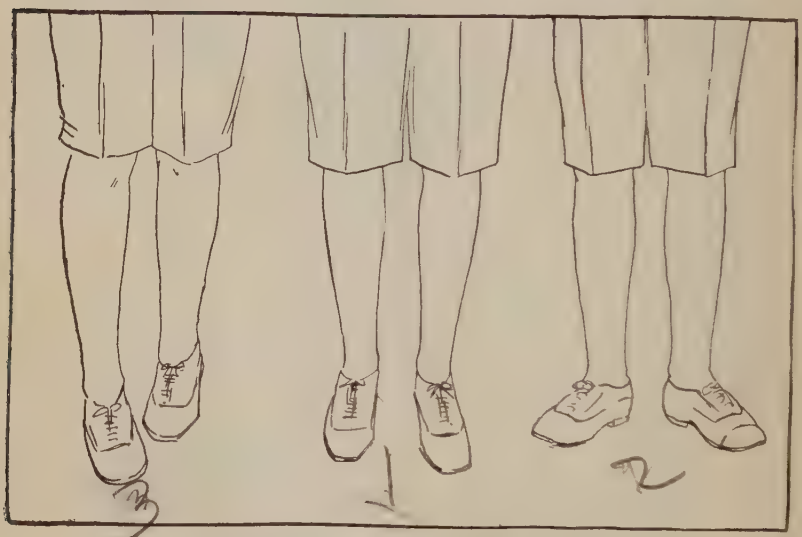
erally—at least they make a very poor impression. Show that you have character and spirit and pride by the way in which you carry yourself when walking.

Good Posture—Walking

Which is the successful man? Which man has the better posture? Which would you rather be?

(2) *The toes should point straight ahead.* It is better to have the toes pointed inward than pointed

outward to any great extent. You cannot take a good firm step if your toes point outward very much. In walking naturally, swing the leg straight forward and, as the foot comes down, let the heel strike the ground or floor first, but do not let it strike so hard



Proper Posture—The Feet

When *Sitting* *Walking*
Standing *Running*

Not In *Not Out*
But almost straight ahead

Put spirit into the habit

that it jars you or makes a disturbing sound. After the heel comes down, the weight of the body comes forward from the heel to the toe. Notice as the toes leave the ground for the next step, how they give the body a push forward.

(3) *Be sure to walk freely and naturally at all times,* except where courtesy and common sense would tell you to take short light steps as, for instance, if you enter a classroom when someone is reciting or reading, or the teacher is speaking. Always remember, too, to be thoughtful of the sick, and to walk carefully about the house so that they may not be disturbed.

RUNNING

You will find that you can run faster if you run on your toes with your fists clenched (closed), if you have a short distance to run. That is called a *sprint.* If you have a longer distance to run, allow the arms to hang more loosely at the sides and to swing slightly. Do not let them swing too much, for it will tire you out. When running a long distance, you will not be able to run entirely on the toes, but more on the toe and the sole of the foot. Some runners run on the sole of the foot for a while, then they "rest" by

changing to running on the toes for a while, then back again to the sole, and so on, changing from time to time.

OTHER FORMS OF GOOD POSTURE

You will notice, if you watch carefully, that there is a right and a wrong posture for almost everything you do. This can be observed when handling tools, in working about the house, and in games of all kinds. You can generally tell when you have the wrong posture because you will feel so awkward that you will not be able to use your strength very well. If you use the correct posture for whatever you may be doing, you will not feel tired so quickly, you will be "quicker on your feet," and you will seem to have more strength. As you play and work, think about correct posture and keep on trying different postures until you find the one which seems best for the thing you are doing.

CORRECT POSTURE IN SLEEP

Lie on the right side. As children grow older, it is better for them to lie on the side rather than on the back. Try to form the habit of lying on your side when you are asleep. The unpleasant habit of snor-

ing, although it cannot be helped at times, can be avoided most of the time by sleeping on the side rather than on the back. It is better to lie on the right side than the left.

EXERCISE AND GOOD POSTURE

Playing games and doing exercises in physical training help to form habits of good posture. For boys and girls who have poor habits of posture, there are special exercises that will help them to overcome their poor habits. Such pupils should get special "corrective" exercises from their teacher of physical training.

Many schools have regular physical training exercises for all pupils to practice. These exercises are for the double purpose of making you strong and of helping you to practice good posture. Be sure to practice such exercises as often as you can. In order to help those boys and girls who may not have regular exercises already provided for them, a number of easy exercises have been put into this book. They will be found in Chapter XVII (in the back of the book), on pages 379 to 390. Unless you already have other exercises, be sure to practice these. They will help

your muscles to grow strong and your bones to grow straight.

In order to carry yourself well, practice correct posture at all times. If you are doing some thing which requires poor posture, make sure that you stop and set yourself up in good position for a few moments, now and then, before going back at your task.

DO YOU FEEL "TOO TIRED" TO STAND PROPERLY?

If you feel weak and do not have the strength to sit up straight and walk properly—if you feel that you are too tired for correct posture, it may be that you need to see the doctor. Sometimes we see such people, all tired and weak, and the real trouble with their posture is caused by the lack of proper food, or because the food may be good but the stomach is out of order and cannot digest it. In such cases, the best thing to do, even if one does not feel very sick, is to go to see the family doctor.

Poor posture is sometimes caused by eye trouble or by poor hearing. Nose and throat troubles sometime cause poor posture by interfering with proper breathing. For this reason, the advice of the doctor is generally very helpful.

Never miss a chance to practice

Try to Remember—Try to Practice

1. Correct posture at all times

2. Reasons for good posture:
   - We look better
   - We feel better
   - Poor posture is dangerous to health
   - We can play and work better
   - It has a money value

3. Sitting:
   - Feet on floor
   - Body erect
   - Weight on full length of thigh bones
   - Toes to front

4. Standing:
   - Chest up, chin in
   - Shoulders back
   - Heels together
   - Arms at side

5. Walking:
   - Body erect as when standing
   - Walk naturally
   - But—be courteous to others
     - be considerate of the sick (short, light steps)

Always the same way—the right way

6. Running:
   For a short run (sprint):
      On toes
      Hands clenched, and arms raised
   For a long run:
      On sole of foot and toes
      Arms hang at sides, swinging slightly
7. There is a correct posture for everything you do
8. Sleep:
   On side, not on back
9. Consult a doctor, if you feel too tired to practice proper posture

Some Problems to Talk About
(At Home and In Class)

1. What is the good of having rubber heels on shoes?
2. What kind of shoes should we have in order to walk properly?
3. Why is it a good thing to practice proper posture at all times? (Three reasons.)
4. What is the proper posture for throwing a baseball?
5. What is the proper posture for catching a baseball (a "grounder"? a "high fly"?)?

6. Why should your feet touch the floor when you are seated?

7. What is the proper posture for reading?

8. What is the proper posture for a girl who is sewing?

Try to Remember—Try to Practice

1. Soldiers lined for inspection:

Boys and girls in separate lines (pupils stand side by side). Which line has the best positions in the shortest time? Which girl has the best posture? Which boy?

Teacher selects best line. Boy and girl showing best posture become captains for next drill. If advisable, the teacher may permit the captains to pick the best posture in each line.

2. Girls line up for good posture drill, boys remain in seats and suggest to teacher which girls could *stand* better, and why. Then girls take seats, boys form in line, and girls make suggestions.

3. Play the same game (boys against girls) to see which can *sit* in better positions at their seats, the girls or the boys.

Good habits are good friends

4. Play the same game (girls against boys) to see which side has the better position for *reading*—either standing or sitting.

5. Make a list of any other times when good posture is important.

6. For your next lesson, be ready to tell of some "good postures" that you have seen. Be ready to tell of some poor ones too.

7. Write a "jingle" verse about good posture.

8. Cut out of old magazines or newspapers any pictures that show good posture of some kind. Use the best one to make a poster to hang on the wall.

9. Have you seen any statues (either pictures of them in a book, or real statues) that show good posture? Tell the class about them.

CHAPTER IX

HABITS OF WORK, PLAY, AND REST

A HAPPY COMBINATION

Do Not "Go to Work" Too Soon:

Have you ever heard of the saying: "All work and no play makes Jack a dull boy"? What does that mean? It means that it is not good for anyone to work all the time and take no time off for play and enjoyment, doesn't it? It means that grown up folks should not work too hard, but should take time for rest and play. It also means that boys and girls should not work all day long as grown up people do. Our laws now make it possible for boys and girls to go to school for a certain number of years so that they do not start to work too early in life. Not many years ago, it was allowable in some countries for boys and girls to work all day long, when they were only ten years of age—even younger.

In some parts of our own country, boys and girls are still allowed to go to work in mills when they are very young. Is that a good thing for our country?

If boys and girls work all day in a mill, will they have a chance to get a good education? Can they go to school like other boys and girls? If they work in a mill all day, do they get a chance to play out of

They Went to Work Too Soon

Long hours and lack of play, fresh air, and rest did it. Old and weak before their time. Too bad!

doors in the fresh air and sunshine? Will they grow big and strong like other boys and girls who have a chance to play and exercise?

Good habits save money

"Of course not," you say, and you are right. It has been found that where boys and girls "go to work" too soon, they generally grow up into "weak and sickly" men and women, who look old long "before their time". (What does "before their time" mean?) This does so much harm that nearly all the states in this country have passed laws preventing boys and girls from going to work too soon, and making it necessary for every boy and girl to go to school for a number of years before they go to work. That gives little boys and girls a chance to grow big and strong, doesn't it? It also gives them a chance to go to school and get an education. Laws that prevent boys and girls from working too soon are called *Child Labor Laws,* and laws that make parents send children to school every day are called *Compulsory Education Laws.* Are such laws good things for boys and girls?

Some Work is Good for You:

We said that "all work and no play makes Jack a dull boy", and we believe that it is true. "Jack" should have a chance to play in the fresh air and sunshine or he will be a dull boy. *But* suppose we change

it around and say it like this: *"All Play* and *No Work—"* I wonder if that would be a good thing for "Jack". Play is a good thing for boys and girls, but if you should do nothing but play all day long, you would not have time to go to school at all, would

Some Work Is Good for You

Besides being helpful around the house, such work strengthens your body.

Do you s h o v e l *snow?*

Do you h e l p *in other ways around the house?*

you? And then everybody else would know more than you would, and you wouldn't like that. It is good to work at your lessons so that you can learn the many things that you should know. When boys and girls grow up to be men and women, those who

Take pride in being helpful

have learned the most are generally those who are the happiest in all ways. A little work around the house is good for you, too, because it is good exercise.

Rest is Necessary Too:

So our "Jack" must have some work and some play—I wonder if there is anything else that "Jack" needs, besides work and play? You know, of course. After you have played for a while, sooner or later you will want to stop and—*Rest,* of course. And after you have worked for a while, you will want to stop and—*Rest,* of course. Yes, "Jack" must play a while and then rest, and after "Jack" works a while he should have a chance to rest. So you, too, as you live your life and grow up to be a man or a woman, should have some play, some work, and some rest.

The Best Way to Live—Some Work, Some Play, Some Rest:

That is the way it should be in the life of everyone. Some men and women work too hard—they do not take time to play (games like tennis or golf or any outdoor exercise) and they do not take time to get the proper amount of rest. What happens to such people? They are likely to injure their health

and get sick. Then they *must* rest. People who work too much or too hard are not helping themselves or helping others. They are really harming themselves. Something else is necessary for the hard-working man or woman—to forget worry for a while. If their minds are to be healthy they must have play. Do you help your father and your mother so that they do not have to work too hard? Try to help them so that they, too, have some time for play and rest. The best person, the happiest person, and the person that you want to be like, is the one who does the right amount of work and play, and takes enough rest to be healthy. That is what you will want to do when you grow up.

WORK

Be Glad to Work:

Everyone likes to work. No doubt you can remember how happy and contented you have been at times, as you did some bit of work in which you were interested. Have you ever noticed how many people sing or whistle or hum a tune as they work? One of the worst punishments that can be given to a prisoner in jail is to make him sit still all day and do nothing. Such men beg to be given work to do. Most of them

"Work first, and then rest"

185.2

would give anything if they could only work and forget their troubles. Keeping a man from work is a punishment so cruel, however, that it is seldom used nowadays, even in prison. Work, you see, is really one of the pleasures in life.

All of the great things in this world have been accomplished by the work of some one. The telephone, the radio, the victrola, the automobile, the steamship, gas stoves, and electric light fixtures—all of the comforts of your home and even the house itself have been provided for you *by the work of some one else.* Is it not true, then, that you should try in some way to pay back to others and to the rest of the world what they have done for you? Almost any kind of work, even though it may seem hard or disagreeable, is worth while because it will be helping others. It is necessary to work in order to learn your lessons, although that is a very easy form of work indeed. By studying your lessons and learning as much as you can, you help your parents, and to some extent re-pay them for the many things that they do for you. Of course, too, you can help them by running errands (which is a form of play for many boys and girls), and by doing the many little things that chil-

dren can do to "help out" around the house. You should be glad to do these things. Doing them shows that you, too, are one of the useful, helpful, and pleasant people of this world.

Whatever you do, do it with all your heart. Take pride in doing it just as well as you possibly can. If work should take you away from your play for a few minutes, remember that you have still many years of play before you, while your mother and your father (who were once boy and girl, too, and liked to play) need your help. They have given up a great deal of their playtime for you, and you ought to be glad to give up a little bit of your time to help them.

Work—and Be Healthy:

Work is healthful because it is a means of being happy and contented. People who are happy generally stay healthy. Another reason is that when you work, you generally have a chance to exercise, too. Running errands is good exercise, if the day isn't too warm—*really running,* not walking. Only you must be careful not to run into any danger. Walk carefully across streets, and do not run full force around a corner. (Why?) I know a boy who became a good runner by running as fast as he

could every time he went on an errand. You will be surprised how quickly and pleasantly you can get things done when you do them with all your might.

Working about the house is good exercise, too. Some men who do not get much exercise at their work during the day, get a great deal of exercise and fun out of doing things about the house. Boys who have worked with tools in the school shop know that there is a lot of exercise in working with tools. Girls find both pleasure and exercise in their work in domestic science (kitchen). You can get a lot of good healthful exercise in cleaning up the yard in back of your house, or in cleaning out the cellar. If you can get permission, you can probably make some money, too, by selling some of the old trash that you clean out. Some of the finest boys one meets are boys that are not afraid to work—they are willing and quick and strong, and can do almost anything well. Every real American boy and girl should be glad to show how strong and able he or she is to do things about the house.

Have Your Physical Defects Corrected:

(What is a "defect?" What is a "physical defect?") Good health is necessary in order to be a

Have YOU any physical defects?

good worker. If you have eye trouble, ear trouble, or bad teeth it will interfere with your school work. These "defects" can easily be corrected and you should have them attended to at once. The longer such troubles go without attention, the more serious they become. They cause other defects to arise. For example, poor teeth will cause bad breath and indigestion, and poor eyesight causes poor posture. This is especially important for boys and girls who leave school to go to work. A physical defect may keep you out of a good "job," or a good position. Railroad engineers and mechanics need good eyesight. So do artists and those who draw for a living. Stenographers, phone operators, teachers, and physicians need good hearing. Poor teeth cause a poor personal appearance, bad breath, and indigestion, and any of these may keep you from getting a good position, or may cause you to lose a position that you already have. Have your physical defects corrected, the sooner the better for you.

PLAY

Play Out of Doors:

Play out of doors whenever possible, for then your body will get more fresh air and sunshine than it

would if you were to play in the house. If it is a very hot day, it will be better for you to play in the shade where you will not become overheated, and if it is a very cold day, of course, you will want to stay in the sunlight as much as you can.

Play in a Safe Place:

If you live in the city, the best place to play is in the school yard or in a regular playground, if there is one near your house. You will probably find a lot of fine things to play with, and a teacher there to teach you how to play some good games. There is generally more room for children to play in a school yard or playground than there is on the sidewalk in front of their homes. It is a better place for running because there is more space. The trouble with playing on the sidewalk is that it is hard to keep out of the street—just a few steps and you are in danger of being run over. If you must play on the sidewalk, *never* run into the street, and never step into the street without *looking first* to see that there is no danger near.

Do not play in the street. It is too full of danger. Every day of the year many boys and girls are hurt

or killed playing in the street, but not one of them ever *expected* to be hurt. You never know what unexpected happening may put you in great danger, so the only safe thing to do is not to play in the street. Always make sure that you are playing in

A Poor Place to Skate

Roller skating is good exercise, but the street is too dangerous. Stay on the sidewalk.

Better be safe than sorry.

a safe place. Do not climb into dangerous places, and stay away from deep water if you cannot swim. Be sure to tell your parents where you are going to play—*before you go.*

Better to be safe, than sorry

Play at the Right Time:

Recess time at school is a good time to play. After you have had an hour or so to work at your lessons in

Be Sure to Go Out and Play at Recess Time

Some boys and girls do not like to go out at recess time. This little girl is making a great mistake. She would be healthier, happier, and would do her lessons better if she played at recess time.

school, some good fun and exercise will help you to do your work better when you go back to your classroom. Some boys and girls like to stay in the classroom instead of going out to play at recess time. This is a great mistake, because you know "all work and no play makes Jack a dull boy". Besides, they do not get as much fresh air inside as they would playing outside. Any one who wants to do well in his lessons should take time for play. Even if it is cold in the yard, remember that if you dress warmly and go out and run and play you will be warm, just as warm as if you had stayed in the classroom, and it is more healthful, too. Some boys and girls do not play because they are too shy with other children. Play with other boys and girls in your class—that is one of the great things that every one should learn. Try to be friendly, and learn to play with others.

Play *after* school, too. Every boy and girl ought to play for at least an hour after school. In the winter time, play before the sun goes down, but on a warm day in summer, it may be better to wait until the sun is not so strong. In the winter remember, too, to dress warmly and to keep moving so that you do not feel cold. When you start to feel cold, it is time

"Games lubricate the body and the mind"

to go inside. There are very few days in winter when it is too cold to play out of doors for an hour or so in the afternoon.

Do Not Play Too Hard:

You must be careful not to play too hard or too long, for then, instead of making you stronger, play will make you weaker. Boys should be careful not to run too long or too hard and girls should be careful not to jump rope too long. Just as it is possible for you to eat too much, just so it is possible for you to play too hard. You should learn to do the right thing in play. Never become too excited over your play and do things that you know are wrong. Keep away from things that you know are dangerous or not safe. Remember: *"It is better to be safe than sorry."*

Do not play hard just after a meal. If you play too hard right after a meal it will interfere with the digestion of the food that you have eaten, and it is likely to make you sick. It is all right for you to play after a meal, but it is better to play a quiet game that does not make it necessary for you to run or jump hard.

The greatest game ever played—good health

REST

Do Not "Catch Cold" While Resting:

In order that you may not become too excited in your play, it is well to stop and rest once in a while. This will give you a chance to cool off. While you are cooling off it is a good thing to put something extra warm about you so that your body does not lose all its heat. That is what a woolen sweater is for. It is not intended to make you "sweat", but is intended for use when you are resting. There is not much danger of your catching cold while you are running and playing, the danger comes when you sit down to cool off. Many of you have seen a pitcher on a baseball team throw a sweater or a jacket around his body or over his pitching arm during the part of the inning when he is not pitching. That is because he knows that he is likely to catch cold. His arm will lose its warmth and strength unless he puts something about it to keep it warm while he is resting. Just so, you too must be careful to see that you do not catch cold when you are cooling off after hard play. That is just the time to put on your sweater. Then take it off when you start to play again.

The sweater is a good
servant but a poor master

Take Short Rests During the Day:

Growing boys and girls need plenty of rest as well as play, and they will feel much better if they make a habit of taking a short rest for five or ten minutes during the day—"between times"—after work or after play. You will feel much better and much stronger, and ready to play some more. This is especially important for boys and girls who are somewhat nervous. They should often take little rests, so that they do not become too excited or play too hard. If you find that you are becoming tired, or if you feel somewhat cross or quarrelsome (and you get angry easily), it is a pretty good sign that you need to stop playing and rest for a while. To sit down and read a book for a while is an excellent way of resting during the day.

Try to Remember—Try to Practice

1. "All work and no play makes Jack a dull boy," but "All play and no work also makes Jack a dull boy"
2. Everyone needs some work, some play, and some rest each day
3. Working hard is a good way to forget trouble or worry

All play and no work makes Jack a real shirk

4. Play also helps us to clear our minds of worry

5. Be glad to work:
   - Be useful to the world
   - Help others
   - Repay with work, those who work for you
   - Work "with all your might"
   - Take pride in all your work—do it well

6. Work is good exercise:
   - Running errands
   - Cleaning up the yard
   - Cleaning the cellar
   - Helping with the house work
   - Fixing things around the house

7. Where to play:
   - Out of doors whenever possible
   - In the school yard or playground
   - Not in the street, or any dangerous place
   - Never run into the street
   - Always look before you step into the street
   - Let your mother know where you are going to play

8. When to play:
   - At recess time always:
     - Do not stay in the room, unless you are sick
     - Learn to play with other children
   - After school, for at least an hour:
     - In summer, when the sun is not so strong
     - In winter, while the sun is strong
     - Dress warmly
     - Keep warm by running and playing
9. How to play:
   - Do not play too hard just after a meal
   - Do not play too hard or too long
   - Do not become too excited
   - Keep away from danger
     - *"It Is Better To Be Safe, Than Sorry"*
10. Take a short rest once in a while:
    - Do not catch cold while resting
    - Use a sweater or warm wrap while "cooling off"
11. Take short rests during the day:
    - You will feel stronger and better
    - Reading a book is a good way of resting

Fair play always

12. Signs that you need a rest:
    When you feel tired
    When you feel nervous or too excited
    When you feel cross and angry

Some Problems To Talk About
(At Home and In Class)

1. Does your State have a Child Labor Law? What are the regulations (rules) of this Law?

2. Does your State have a Compulsory Education Law? What are its regulations? What is the good of such a law?

3. Is the "attendance officer" a real friend to boys and girls? Why?

4. Do you know of anyone who works too much, and has no time for play? Why is this dangerous for the health?

5. What happens to a boy or girl who "takes a job" (or goes to work) when too young?

6. What other ways are there for you to get exercise, besides playing games?

7. What does "alternate" mean? What is meant when we say that it is best to *alternate* work, play, and rest?

8. Why is playing out of doors more healthful than playing indoors?

9. What part of the day is the best time for play in the winter? In the summer?

10. Why should you be sure to go out at recess? Is it ever wise to stay inside at recess? When?

11. When is it the best time to wear a sweater? Why? Should a sweater be worn all the time indoors?

12. Do you know of anyone who gets too excited when he plays? How can you tell? Why is it harmful or dangerous to play too hard, or to become too excited?

Helps for Workers

1. Make a list of some out-of-door games that grown-up folks should play.

2. Make a list of some good out-of-door games for boys to play. Make a list of games for girls, too.

3. Make a list of some bits of work that you can do around the house (for your father or your mother). What good can this work do you?

4. Make a little plan showing how you can *alternate* work, play, and rest.

5. Tell the class some good ways of resting, after playing or working hard.

Remember—one defect causes another

CHAPTER X

HABITS OF SLEEP

VALUE OF SLEEP

Sleep rests the body. There is nothing more refreshing to your mind or your body than sound sleep. It is the best form of rest.

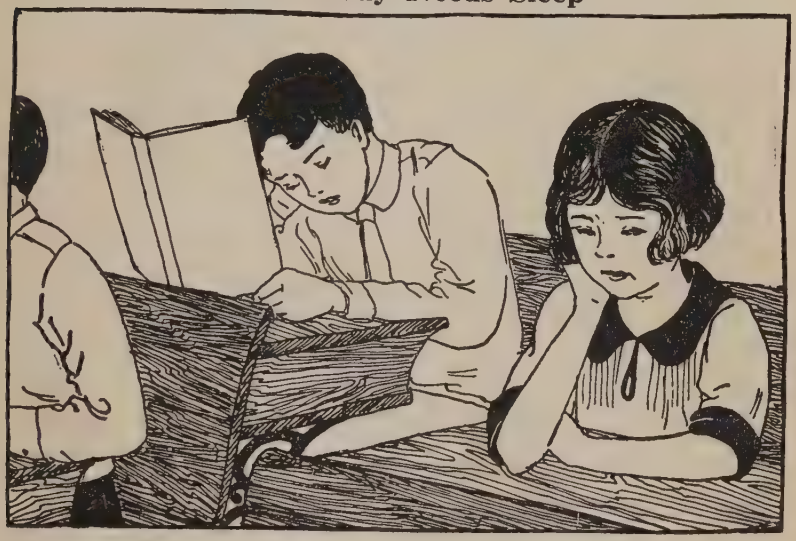
Sleep not only rests your body, but it helps you to grow. While you are sleeping, your body is not only resting, but it is growing as well. Children grow during sleep, so you should be glad to go to bed early and get as much sleep as you can. Your body not only grows larger in size while you are asleep, but it grows stronger, too. In order that you may get the most good from your sleep, there are certain points that you should remember to practice.

Get Plenty of Sleep:

How much sleep does each one need? There is no rule which will fit all people. It depends on so many different things. If one is very tired, or weak, from having been sick, one needs more sleep than others who are well. If you missed getting a good rest last

night, you will need more sleep tonight. People who worry a great deal (as older folks sometimes do when things go wrong or when sorrow comes along), need more sleep than those who do not worry.

Your Body Needs Sleep



Went to the "movies" Last Night.
To bed at 11:30.
Still tired (and cross).

Insufficient sleep and over-fatigue are frequent causes of underweight. A child who has to be waked up in the morning for school does not get enough

sleep; and such a child *does not go to bed early enough.*

Grown-up folks, or "adults," as they are sometimes called, should get about eight hours sleep every

Proper Sleep Refreshes the Body

Be sure to go to bed at the same time each night.

Go to bed at 9 o'clock.

Get ten hours of sleep each night.

Good health—good lessons—good humor.

Good habits are a credit to you

night. If some sleep is missed one night, it should be "made up" the next. But as sleep is a habit, it is better, of course, to get the same amount each night.

Boys and girls from fourteen to sixteen years of age are still growing and need more sleep than adults do. They should go to bed earlier so that they can get at least nine hours sleep every night. After a hard day of play, or excitement, even more sleep than that is needed.

Boys and girls under fourteen years of age, being still younger, need even more sleep every night, and should go to bed still earlier in the evening. They should get at least ten hours sleep every night. And so it goes down to the very youngest children. The younger they are, the more sleep they need for growth and strength. You have probably noticed that babies sleep nearly all the time except when eating, or when sick, or in pain. That is because the baby is growing very rapidly and needs plenty of sleep. Let that be a lesson for you. If you want to grow strong and healthy, be sure to get all the sleep your body needs. Your body needs rest and sleep just as much as food, if it is to grow properly.

Sleep is the best cure for worry

How Long Should YOU Sleep?

Children 4 and 5 years of age.....12 hours
Children 6 and 7 years of age.....11½ hours
Children 8 and 9 years of age.....11 hours
Children 10 and 11 years of age.....10½ hours
Children 12 and 13 years of age.....10 hours

After a hard day of play, or of excitement, or after lack of sleep the night before, even more sleep than this is needed.

SOME GOOD IDEAS ABOUT SLEEP

Get Rid of the Waste of the Body:

This is a *health habit* which everyone should form. Waste matter poisons the body, and it does a great deal of harm to the body for us to sleep for eight or ten hours with waste matter in the body that should have been eliminated hours before. Be sure to get the waste matter out of the body before going to sleep. If you do not, you will not get a good rest, because the waste matter will interfere with your sleep. Then you will wake up in the morning feeling cross because you have not had a good sleep. Going to the toilet before going to bed will probably save you from the need of going during the night, some-

thing which is inconvenient and which breaks up your rest.

Remove All Clothing Worn During the Day:

The clothing that you wear during the day should be hung up and aired during the night. That will help to keep it clean and free from "body" smell. Do not sleep in your underclothing, which you wear all day long. Remember, it has in it quite a lot of waste matter from the skin, and needs to be "aired" while you sleep. Putting on fresh clothing (night clothes) when you go to bed will make you feel ever so much better, and you will enjoy your sleep more. You will feel better in the morning when you change again to day clothes, which have had a good "airing" during the night.

Sleep with the Windows Open:

Fresh air during the night will be more refreshing to you while you sleep than "stale" air, and it will help to take some of the waste matter out of the body (from the lungs). Night air is even more fresh and pure than air in the day time. In windy or stormy weather, a piece of unbleached muslin on a frame (or attached to the screen or window frame), will pre-

vent rain or snow from blowing into the room. Be sure to get all of the fresh air that you can, both day and night.

The Blessing of Sound Sleep

Remember: Window open—covers not too warm—a quiet place—in the dark—alone, if possible.

Sleep in the Dark:

Darkness is restful, and you will sleep better without a light. Besides that, a gas light or oil lamp burn-

ing in the room takes away some of the freshness of the air. In summer, you will find that it is much cooler to sleep without a light.

Sleep in a Quiet Place:

Of course, boys and girls do not always have the power to have things quiet about the house when they wish to sleep, but it is a good thing to keep in mind that the quieter it is, the more likely you are to have a good rest, when you sleep. Whenever you have a choice, pick a spot that is quiet so that you will be sure of sleeping without being disturbed. If your sleep is disturbed much, you are likely to wake up in the morning feeling cross and tired. This shows that you have not had a good rest.

Keep the Body Well Covered, But Not Too Warm:

If your body is either too warm or too cold when you sleep, you will not sleep well. Your rest will be disturbed because you will feel uncomfortable, and you will be moving and tossing around instead of sleeping quietly. In the morning you will feel that you have not had a good sleep. In the summer time, do not go to sleep in a strong breeze, or draft, especially if you have been perspiring, as you will be

likely to "catch" a cold. It is better to have several light covers than one heavy one, for that enables you to select just enough of the covers to keep you warm.

Breathe Through the Nose:

This is the natural way to breathe, as it warms the air and helps to purify it. Breathing through the mouth is a bad habit that you should avoid. If you will be particular to lie on your side, and to breathe through the nose while awake just before going to sleep, the chances are that you will not breathe through the mouth while asleep. Be sure to keep the nose from under the covers, and out in the fresh air. If you sleep with your nose under the covers, you will breathe the poisonous waste matter from the body that is in the air under the covers. Be particular about this in cold weather. While the warmth of the air under the covers may be pleasant, remember that it is not pure and should not be breathed into the lungs. Your nose will not get very cold anyway, for the room does not get cold enough for that.

If Possible, Sleep Alone:

If there are very many in the family, it may not be possible for you to sleep alone. Nevertheless, it is

well for you to remember that it is both pleasanter and more healthful for you to sleep alone. The air that you breathe will be fresher if you can sleep alone. In order that you may have as much pure air as possible, it is well to have a room all to yourself. If that is not possible, it is better for those in the same room to have separate beds rather than to sleep in the same bed. This is much more comfortable since neither one will disturb the sleep of the other. A great many people sleep two or even more, to a bed, because it is an old custom, but more and more people are getting into the habit of sleeping in separate (or single) beds, and it is no doubt more healthful and more comfortable for them to do so.

Go to Bed Early Every Night:

You will want to go to bed early so as to get as much sleep as possible, and so grow big and strong. For children, the evening is the least valuable time of the whole twenty-four hours. Instead of staying up late and getting up late, it is a fine thing to go to bed early and get up bright and fresh in the early morning. There are few times in the day more pleasant and more beautiful than the early daylight

Sleep with windows open

hours, when every thing seems clean and bright to welcome the new day. This is especially true in summer. Some people are quite fond of getting up early in the morning. It is much better to be up and awake then than in the evening when we must use artificial light, and when we are tired out, and should go to bed anyway.

Go to Bed at the Same Hour Each Night:

One of the most important things about sleep is to *form the habit* of going to bed at the *same time* each day or night. The body gets accustomed to expect rest or sleep at certain hours (just as your stomach expects food at certain hours). It is a very bad thing for young children to stay up late every now and then, because it breaks up a good habit. Some older people, too, who suffer because they cannot sleep, are sometimes only feeling the bad effects of not going to bed at a regular time every night. To a great extent, sleep is a habit. See to it that you make it a good strong habit by going to bed at the same time every night.

Keep Your Bed Room Fresh and Clean:

A good bed room should not have too much furniture in it, and very few ornaments. All such articles

are "dust-catchers," and the more of them you have, the harder it is to keep the bed room clean. Keep your clothes off the floor. Hang them up in the closet, or put them away in bureau drawers. "Air" the bed clothes each morning by throwing them back over the foot of the bed. Allow fresh air to come into the room for an hour or two each day. (Read under Cleanliness At Home—Chapter VI, pages 139, 140.)

Try to Remember—Try to Practice

1. Value of sleep:
   - ~~Rest~~
   - Growth
   - Strength

2. Get Plenty of Sleep:
   - Amount depends on many things. (Explain)
   - Older people need less than children
   - Adults at least 8 hours
   - Older children at least 9 hours
   - Younger children 10 hours, or more, according to age

Get a clear idea

3. Some Good Points:
   Get rid of body waste before going to bed
   Remove all clothing
   Open windows
   In the dark
   In a quiet place
   Well covered, not too warm
   Alone, if possible
   Go to bed early
   Same time every night

4. Keep your Bed Room Clean:
   Few articles of furniture
   Not many ornaments
   Put clothes away
   "Air" bed clothes, and the room each morning

Some Problems To Talk About
(At Home and In Class)

1. Should you have the windows open as much in a room where more than one sleep as they are in a room where only one person sleeps?

2. How old are you? How much sleep should you get? At what hour should you go to bed in winter?

Repeat the idea

At what hour should you get up? At what hours should you go to bed and get up in the summer?

3. Should you use high or low pillows? Why?

4. What position is considered the best for sleeping? Can you tell why?

5. What would happen if you should go to bed very late every night for a long period of time?

6. How are you going to keep the rain and snow from coming into your room?

7. How can you prevent the whole house from getting cold when you open your bed room window?

Helps for Workers

1. Keep account of how much sleep you get each night for a week. Mark down the time when you go to bed and the time when you get up. See which pupil in the class gets the most sleep in a week.

2. Tell the class what you do to help keep your bed room clean.

3. Show the class how far you have your window open when you are asleep.

4. If possible, get weighed. Keep a record. Go to bed the same time and get up at the same time for

several weeks. Be sure to get ten hours' sleep each night.

DANGER—AVOID TEA, COFFEE, ALCOHOLIC DRINKS

Sometimes grown-up people drink tea or coffee. These drinks contain poisons which are much more harmful to young people than to older people. The bodies of young boys and girls are still growing and these poisons hinder their growth and interfere with correct habits of sleep.

Alcoholic Drinks Are Enemies of Health:

Beer, wine, and whiskey are especially harmful to young people. These drinks interfere with habits of sleep and rest. When the habit of drink is once formed it is hard to break.

The poisons in beer, wine, and whiskey are much stronger than the poisons in tea and coffee. They are so strong and powerful that drinkers soon lose control of themselves.

The muscles refuse to act and persons poisoned in this way soon fall into a drunken stupor until the body gets rid of the poisons which have been taken into it. This is not the healthy, sound sleep which refreshes and rests the body.

Protect your bodies

CHAPTER XI

FOOD HABITS

(Selection and Preparation of Food)

WHY GOOD FOOD IS IMPORTANT

Food gives your body strength. It is food that gives your body the strength that you use in playing games, in running and jumping, and also gives you the power which enables you to lift and pull and move things. This kind of strength we call physical strength. Food also gives the body power for the mind to work well. This power or strength of the mind is shown when you think quickly and answer quickly in school, and it is the strength of your mind also that enables you to think quickly in a game. This we call mental strength. There is still another kind of strength that food gives to the body. It is the strength that keeps us from getting nervous or greatly excited. When you are very nervous you are apt to shake and tremble, and to do things in a hurry and to do the wrong thing. When a person does not get excited or nervous very easily, we say they have "strong

nerves." This we call nervous strength. We see such strength in people who do not get excited easily—or at least if they are excited they do not show it because, in spite of danger or excitement, they act slowly and carefully. Food gives to the body strength—physical, mental, and nervous strength. All of us want to have strong muscles and bones, strong minds, and steady (or strong) nerves. We want to be strong in every possible way, so that we can work and play well. If we want to be strong, we must eat the proper kind of food.

Poor food, or not enough food, will interfere with the growth of the body. All living things must have the right kind of food, if they are going to grow as they should. If you want to grow, eat the right kind of food, and enough of it.

It is food that gives us the strength to play or work for a long time without getting tired. Those who get tired quickly are not so strong as the others, and very probably do no eat the right kind of food to make them strong. Those who have strong bodies generally stand and walk straight, while those who are weak generally look weak because they do not stand and walk with their bodies erect and firm.

Begin to-day

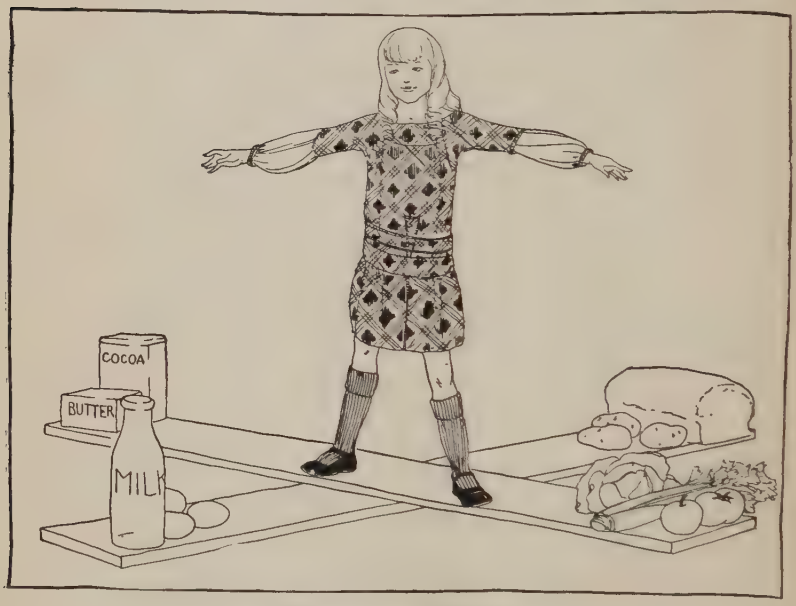
Proper posture depends on the strength of the body and the nourishment that the body gets from food.

Eat Different Kinds of Food—("Balance Your Food"):

There are ever so many different kinds of food. If you stop to think for a minute you can give the teacher a long list of things that people eat in order to make them strong. The most of these foods could be called meat, or fish, or vegetables, or bread, and so on. Some of these foods you may like very well. There may be some that you do not like. It is a good thing to learn to like and to eat every kind of good food. Each food does a certain amount of good for the body. If there are certain kinds of food that you do not like and do not eat, you may hurt your body by keeping from it the food that it needs. Some foods, like butter and fat of meat, furnish heat to the body. That is very important in cold weather, isn't it? Some foods furnish strength, or energy, to the body. Some foods build up the muscles, and some build up the bones and make them strong. So you see that if there are some foods that we do not eat, it may result in the body losing some kind of

nourishment that it needs very much. Therefore, learn to like and to eat all the different kinds of good food. "Balance" your food, and your meals.

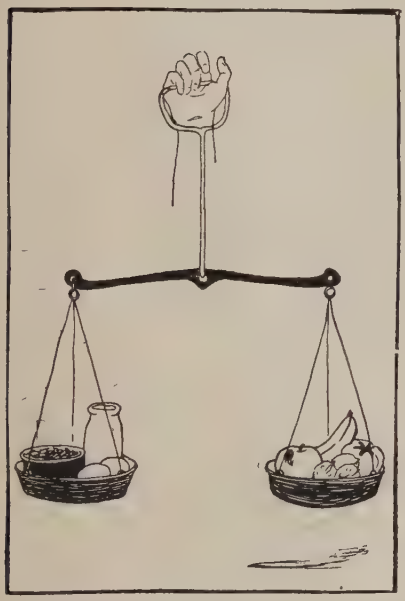
Certain foods supply us with heat and energy, that



A "Balanced Ration"

is, they give to the body, heat, strength, and power. Some of these foods that give the body its strength are: "Whole milk, butter, cream, bacon, the whole grained cereals, molasses, sugar, honey, dried beans

and peas, potatoes, rice, macaroni, spaghetti, nuts and oils, e.g. peanut, almond, English walnuts, chocolate, lentils, olive, corn, cottonseed, peanut, and cocoanut."*



Another way of showing how to "balance" the ration.

Use, regularly, some from each group.

Certain foods also cause the body to grow. They also furnish materials needed for the growth of our bones. Such foods are mostly the so-called "green" vegetables. Boys and girls, because they are not yet full grown, need these vegetables even more than grown-up folks. It is important for them but it is

*Pennsylvania State Course of Study in School Health, P. 149.

ever so much more important for you. If you want to grow, be sure to eat some of the following foods each day: "Spinach, dandelions, chard, beets, turnip tops, celery, lettuce, Brussels sprouts, asparagus, cauliflower, cabbage, tomatoes, fresh whole milk, butter, cream, egg yolk."*

There are also foods which supply the body with material for building up the tissues. They are the foods that help us to "put on more muscle". These tissue building foods are: "milk, eggs, cheese, lean meat, dried or smoked beef, dried lima beans, bacon, almonds, codfish, dried figs, gelatin, graham bread, lentils, macaroni, rolled oats, peanut butter."*

Learn to Like All Healthful Food:

It is a good thing to learn to like anything that is healthful. People who do not like to eat certain things are generally thought of as a little "queer" by other people. Remember, too, that your body needs all kinds of food, and variety in food is healthful for you. If there is any kind of food that you do not like, try to eat just a little bit each time it is put on the table. The chances are that after a while you will find yourself growing to like it.

*Pennsylvania State Course of Study in School Health, P. 149.

Eat Some Fresh Fruit Every Day:

Fruits are health-giving foods to eat. They contain a great deal of water (the juice), and also some other things that help the body in many ways. Fruit

Eat Some Fresh Fruit Each Day

Fresh fruit is food and drink combined. The juice of the fruit tastes fine, and it is ever so much better for our good health than candy, cake, or pie.

What is the little girl eating? Name some other fresh fruits.

is especially helpful in securing a regular movement of the bowels. Drinking orange juice in the morning is a good health habit.

"For health is not to live, but to be well"

Eat at Least One Green, or Fresh, Vegetable Each Day:

Many of these green vegetables such as lettuce, cabbage, spinach, and asparagus contain very healthful substances known as "vitamines". Green vegetables are also helpful in securing regularity of bowel movement, and contain mineral matter needed in building up the bones and teeth. Fruit and vegetable salads containing raw fruit and raw vegetables, either chopped or grated, are very good for health and growth.

Do Not Eat Large Amounts of Candy and Cake:

A little bit of candy or cake will not hurt you if your digestion is good, but too much of it will make you sick. The best time to eat candy or cake or other sweet things is right after a meal. Do not eat candy or cake between meals. It will spoil your appetite, and perhaps make you sick.

Drink One Quart of "Whole" Milk Each Day:

The best food for boys and girls is milk. Milk is often called the perfect food because it contains in it everything that the body needs. If we had to live on only one kind of food, no matter which kind of food that might be, it would, in all probability, soon make us sick and we should die. But milk is the one food that we can live on without getting sick.

"A bottle of milk is a bottle of health"

The fine part about it is that milk is both food and drink. It satisfies our hunger and our thirst, too. Milk is the natural food for children, and the younger they are, the more they need it. Every child should drink at least one quart of whole milk every day.

Too Much Cake!

And too much candy will make you sick. Best time to eat cake or candy—right after a meal.

Better eat apples.

What is "whole" milk? It is the milk that has not had the rich and wholesome cream taken off the top. You can always see the cream at the top of a bottle of milk, before the cap is taken off. Be sure to mix the creamy part at the top with the rest of the milk at the bottom, before you drink it. Some schools have milk

served to pupils during school hours or at recess time. If your school serves milk, be sure that you get some of it.

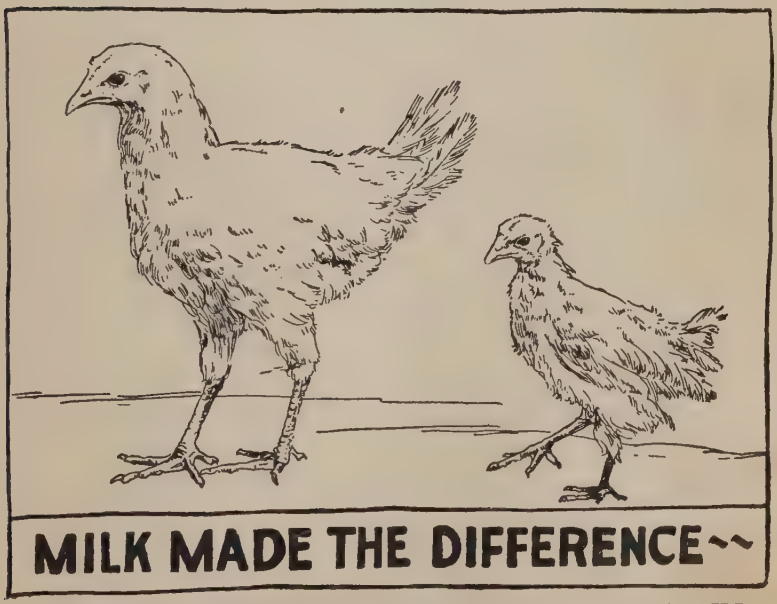
A Quart of Milk!

How valuable it is as a food is seen from the illustration above. Drink lots of milk.

Bad habits cause poor health

WHY DRINK MILK?

1. It makes you grow. It is nature's food for the young, and is especially good for babies and children.
2. It makes strong bones and good teeth.
3. It contains iron. Iron is needed to make good rich blood.
4. It helps to build up strong muscles.
5. It supplies power and heat to the body.
6. It is easy to digest.
7. It is easy to take. It "tastes good" and can be used in many different ways.
8. It is a perfect food, a "balanced" food.



COURTESY OF THE NATIONAL DAIRY COUNCIL, CHICAGO, ILL.

Eat Food Suitable to Your Age:

Growing boys and girls need different foods and different amounts of food from those that grown-up people eat; indeed, older boys and girls require different foods from younger boys and girls. On pages

COURTESY OF THE BUREAU OF EDUCATION

Why Not? *Why?*

401-2, Chapter XVII, you will find a list of foods suitable for a child of your age. Look over the list carefully, and practice the selection of food for several meals.

No real success without health

Food Suitable for Your Younger Brother or Sister. Boys and girls younger than you (five to eight years of age) do not require exactly the same foods or the same amounts that you do. A list of foods suitable for your younger brother or sister of that age will be found on pages 398 and 399. Practice selecting some meals for your younger brother or sister.

Eat Foods Suitable to the Season of the Year:

You know that food gives heat to the body, just as coal or wood gives heat to the furnace. In the winter time, we need food that gives plenty of heat and energy to the body, for the body will require more heat to keep it warm. For that reason warm food, especially for breakfast, is more necessary in cold weather than it is in warm weather. Can you make a short list from the foods mentioned on page 400, Chapter XVII, that would make a suitable breakfast in cold weather, and also make a short list for a suitable breakfast in warm weather?

In very warm weather, some warm food is necessary because the body is likely to become weak from the heat, and warm food will help to put back more energy into the body. On pages 402 to 407, you will

find a list of foods for meals in summer and in winter. Note the difference in meals according to the season of the year.

Dirty Food in a Dirty Store!

Be sure that the food you eat comes from a clean store. What is wrong in this picture? How should it be fixed? Should the groceryman have clean hands? Dirty finger-nails?

Buy Only Clean Pure Food:

Do not buy food in a store that you know is not clean, or where the proper care is not taken of the

food for sale. A clean store is one where the people who handle and sell the food have clean hands and clean clothing. An unclean person is apt to sell you food that has been made impure by his dirty hands or clothing. A clean store will keep the food properly screened from the flies, which carry disease germs, and, where possible, will keep food (especially bread and meats and cakes) in cases where customers can not touch or handle it. You would not want to buy food which had been touched by someone who had dirt or disease germs on his hands, would you? That is the great danger in buying candy, pretzels, or other eatables from men who sell from pushcarts or small wagons in the city streets. Such men do not take much care to see that they and the food or candy that they sell is kept clean. It is generally dangerous to buy from them. You are quite likely to buy disease germs with your money. If possible, do not buy from stores that keep foods, like rice and sugar, in open bins where it is possible for mice and bugs to get at them. Such foods should be kept in packages, ready to take home. If possible, buy milk in the bottle, not "loose" (from the can). Why?

Bad habits cause suffering to others

Clean the Food at Home:

Certain foods, like vegetables, berries, and fruit should be washed at home before they are cooked or eaten, and should be inspected carefully to make sure

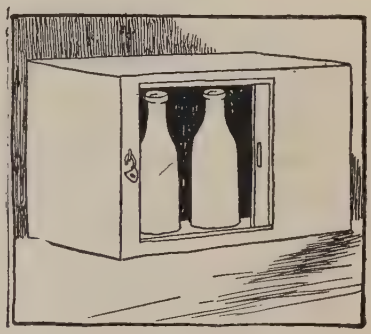
A Sidewalk "Store"

Not an uncommon sight on the street corners of some cities.

that there are no insects or worms in them. Meats should always be wiped off, and kept in a cool place away from flies. Before using milk bottles, the top and outside of the bottle should be washed off in run-

ning water. (Have you ever seen a cat licking the top of the milk bottle?) After the bottle has been used, it should always be re-capped or kept covered and in a cool place. A drinking glass turned upside

Does your milkman leave the milk on the back doorstep? What about pussy—yours or your neighbor's?



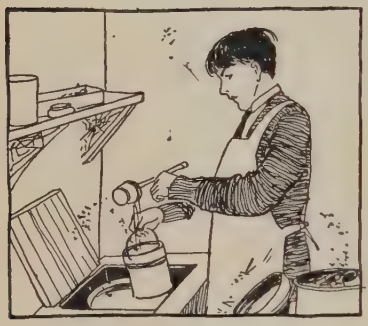
How would it do to get a small house safe? Ask the milkman to set the milk inside and then shut the door.

down over the mouth of a milk bottle is even better than the old cap. Why? How many have ever seen a bottle of certified milk with a cap of "silver paper" over the top? Why is it put there?

Good habits are a credit to you

Keep the Food Clean at Home:

Food should be kept away from dust, and bugs, and mice by carefully putting it away in a clean dry closet. Coffee, tea, and sugar should be kept in tins with tight fitting lids. Meats and vegetables should be kept fresh in a refrigerator, especially in warm weather. One of the best ways of keeping food away



Did you ever go to the store to buy a quart of milk? Did the clerk "dip it" or hand you a bottle? Which way do you prefer?

from flies is to keep the flies out of the house by using screens (and keeping the screen-door closed), and by using the fly-swatter. If it is necessary, use fly-paper, too, but you should not have so many flies in the house that it is necessary to use fly-paper, except perhaps on very rare occasions. When the food is

Don't buy from unclean stores

cooked and served, make sure that the pots and pans and dishes that are used are clean, too. Your food must be kept clean.

Eat Food that Has Been Well-Cooked:

Frying is probably the poorest way of preparing

A Dirty Kitchen!

What should be done to clean it up? Who left the door of the refrigerator standing open?

food, as food that has been fried is harder to digest than food that has been cooked in any other way. Fried food is hard to digest because it is likely to be

very greasy and to have a great deal of fat in it. Roasted or stewed meats are better than fried meats. Boiled or baked potatoes are healthier for you than fried potatoes. Who can tell why?

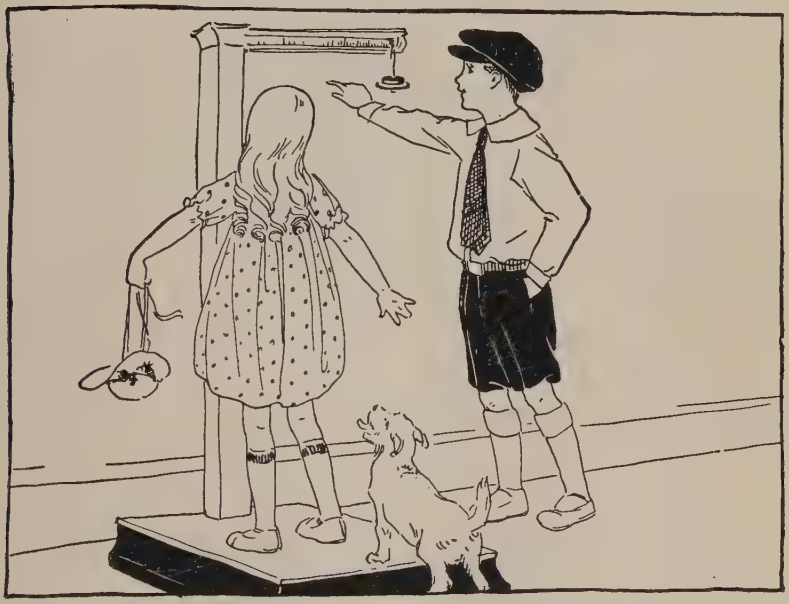
HOW MUCH SHOULD YOU WEIGH?

Age, Height and Weight Chart.

In Chapter XVII, pages 410-20, you will find two charts, one for boys and one for girls. Figure your exact height in inches (without shoes) and then find the number on a horizontal line with it under the column that shows your age. This number shows what you ought to weigh for your age and height. Get yourself weighed (in house-clothes, but without shoes) and see if your weight is above or below what it is supposed to be. If it is below, what should you do? Be sure that you are getting plenty of fresh air, exercise, and rest (sleep). Eat more and better food. If you don't start to gain in a few weeks you should see a doctor. If you are much overweight for your age, you should see a doctor to make sure there is nothing wrong with your organs. If your health is sound, then you should exercise more and eat less sweet food.

Are you overweight or underweight?

It is interesting, too, to see about how much you ought to gain each month, and to compare this with what you really do gain each month after weighing



COURTESY OF THE BUREAU OF EDUCATION

How Much Do You Weigh?

Watch your weight. Eat the right kinds of food and keep on growing. Do you think this little girl is surprised at having grown so much? Why?

Keeping well is lots of fun

yourself carefully. The tables on pages 410 to 420 will also show you how much you ought to gain.

Remember that if you do not weigh somewhere near what you *should* weigh, it may not be food alone that is responsible. Breaking the other health rules, too, may have something to do with your being underweight. To be healthy you must live up to all of the health rules, and have no serious bad habits. Food is important, but very often it is not food alone that makes a person underweight or overweight.

Try to Remember—Try to Practice

1. Good food gives you:
   - Strength: (a sound body)
     (a quick mind)
     (strong nerves)
   - Endurance
   - Good posture

2. Learn to like all kinds of healthful food. "Balance" your meals.

3. Some foods that give energy: whole milk, butter, cream, bacon, whole grained cereals, molasses, sugar, honey, dried beans and peas, potatoes, rice, macaroni, spaghetti, nuts and oils, e.g. peanut,

almond, English walnuts, chocolate, lentils, olive, corn, cottonseed, peanut, and cocoanut. (How many can you remember?)

4. Some foods that help the body to grow: spinach, dandelions, chard, beets, turnip tops, celery, lettuce,

Too Many Sweets!

Too much candy.

Too much cake.

Is she a wise little girl?

How about you?

Brussels sprouts, asparagus, cauliflower, cabbage, tomatoes, fresh whole milk, butter, cream, egg yolk. (How many can you remember?)

5. Some tissue building foods: milk, eggs, cheese, lean meat, dried or smoked beef, dried lima beans,

bacon, almonds, codfish, dried figs, gelatin, graham bread, lentils, macaroni, rolled oats, peanut butter. (How many can you remember?)

6. Eat some fresh fruit every day.
7. Eat at least one fresh vegetable every day.
8. Do not eat too much candy or cake.
9. Drink one quart of whole milk each day.
10. Eat foods suitable to your age.
11. Eat food suitable to the season of the year:
    In summer: (name some)
    In winter: (name some)
12. Foods like berries, vegetables, and fruit should be examined and be cleaned at home before they are eaten.
13. See that the food is kept clean:
    In a cool place
    Away from flies, bugs, and mice
    Away from dust or dirt (covered)
    Dishes and containers should be kept clean
14. Food should be cooked in the most wholesome way. Fried food is hard to digest.

Some Problems To Talk About

(At Home and In School)

1. Does a child who comes to school without a good breakfast have as good a chance to answer questions

MILK
DIRTY
MILK
CLEAN

well, as the child who has eaten a good breakfast?

2. Why are the meals for great athletes carefully planned?

3. Should a person under great nervous strain take care of the kind of food he eats?

4. What do you mean by a well-balanced meal?

5. What is whole milk?

6. Why are your little brothers and sisters bigger this year than last?

7. What foods are the heating foods?

8. Why can the process of coal going into a stove be compared to fat, sugar, and starch going into our bodies?

9. Why is "skimmed" milk not so good as "whole" milk?

10. Why do we need green vegetables?

11. What is your idea of a clean meat store?

12. How should all cakes, pies, and bread be cared for in a store?

13. How do you keep vegetables, fruits, meats, milk, etc., clean at home?

14. How can dirty pans affect foods?

15. Are you round shouldered? Do you drink tea and coffee?

"Better to be safe than sorry"

WHAT WE KNOW ABOUT ALCOHOLIC DRINKS

We know that beer, wine, and whiskies are not foods, but poisons.

We know that these poisons injure our bodies and make us subject to disease. Scientists have given young animals small quantities of alcohol in order to know just how it affected them. In some cases, rabbits and other young animals which were given this poison, died in a very short time. Those that did not die soon showed the effects of the poison. They failed to grow full size and were generally inferior to the animals which had not been given the poison.

We know that people who drink are generally inferior, physically and morally. Alcohol makes people unreliable. It disqualifies them for business. It destroys their power to get ahead in life. Business houses will not employ people who have acquired the habit of drinking. Such institutions know that men who drink cannot be trusted.

We know that alcohol undermines our health, that it injures the organs of the body, that it poisons the nerves and brain, that it injures the liver and kidneys and makes us subject to disease.

We know:

1. *Alcohol injures the mind* and prevents one from doing effective mental work.

2. *Alcohol lowers bodily resistance* to disease. People who drink are likely to become diseased if they continue this practice.

3. *It was found that people who drink cannot do as much work* as those who do not drink.

4. *Alcohol increases the death rate.* The insurance companies carried on experiments which proved conclusively this fact.

5. *Alcohol is a habit forming drink.* Those who continue to drink very long are likely to acquire the drinking habit.

Alcohol is always an enemy to success. The fact that the great business houses, the railway companies, leaders in industry, the officers in time of war, and all people in high authority avoid employing people who drink, clearly shows that if you want to attain success in life the one thing to do is to make up your mind that you will have nothing to do with these poisons which will injure your health and interfere with your success.

"Health! Happiness! Success!"

CHAPTER XII

HABITS OF EATING

SOME GOOD SUGGESTIONS

Eat Your Meals at Regular Hours:

By this we mean that you should eat your meals at about the same time every day. You should eat breakfast at about the same time each day — not earlier, not later. Your noon meal should be eaten about the same time each day. Your evening meal (whether you call it supper or dinner) should be eaten not later than six o'clock. This will give your food a chance to "digest" before you go to bed. You should always eat your meals at the same time each day because the organs that digest your food do their work better if it is done at a regular time. Your organs do their best work if they have certain times each day for rest and certain times for work. If you do not eat at regular times, your organs will not get enough rest, will not do their work well, and you will find that you get "indigestion" or become "sick at your stomach" and have headaches.

Always Eat Sufficient Food:

Be sure to get up early enough so that you have time to eat a good breakfast and to chew it well.

Do not eat between meals—give your stomach a rest.

Don't wash the food down.

Get up in time to eat a good breakfast.

Chew your food thoroughly—or else—the doctor!

Bad habits cost money

Take plenty of time for every meal. Do not hurry when eating. It is important, especially in the morning when eating your breakfast, that you do not stop eating too soon, in order to save time. Very often people who are in a hurry do not want to "take time to eat". This is a very unhealthful thing to do. In the morning, be sure that you eat enough breakfast to last until noon.

Suppose he had not eaten a good breakfast? What would he have felt like in school? Could he have done his work well? Would he have listened carefully to the teacher?

A careless breakfast makes a listless pupil

Do Not Eat Too Much:

Some people have an old-fashioned idea of eating. They believe that the more one eats, the healthier one will be. It is a good thing to eat a hearty meal, but eating can be over done just like anything else. Do

This little boy's "eyes were larger than his stomach." Why did he take so much at the first helping?

Suppose he eats it all, then what might happen?

Suppose he doesn't eat it all—has he done anything wrong? Why?

not eat just to see how much you can eat, or to see if you can eat more than some one else. Such "racing" often results in a call for the doctor. When your stomach is stuffed with too much food, it cannot do its work properly. Over-eating, or eating too

An automobile cannot run without gasoline

much, often causes indigestion and illness. It is often said that more people die of eating too much than from eating too little. Who can explain that saying?

Do Not Play or Work Hard Right After a Meal:

After your meal, you should rest or play quietly. This rest gives your food a chance to digest. Hard play or exercise right after a meal will interfere with the proper digestion of your food. This sometimes makes boys and girls "bilious", or sick at their stomach. It is a good plan to sit quietly and talk, after eating. There are some games, too, that can be played without much running or moving about.

It is also a good thing not to eat when one is very tired—right after hard work or hard play. Rest a bit, and you will feel more like eating, and will be able to digest your food better.

Safety First in Eating:

Do not "take chances" on what you eat. Never eat anything unless you know what it is. Many boys and girls have been poisoned or made sick by eating candy that was given to them on the street. Men and women have been made sick the same way—by eating

candy or food that was sent to them from some unknown person, in the mail. Never eat anything that comes from an unknown person. Accept it, if need be, but do not eat it. Throw it away the first chance you get.

Do Not Guess
Always Be Sure

Many people are poisoned every year by eating toad-stools in mistake for mushrooms. Never eat anything that is supposed to be a mushroom unless you are sure that it is. The best way to learn to know a mushroom is by picking them with someone who really knows. Even then throw away anything which seems doubtful.

Many people are poisoned by picking poisonous berries in mistake for huckleberries, or wild cherries. Do not pick or eat any wild berries unless you know

exactly what they are. Do not guess—it is too dangerous. Always be sure—"safety first".

Do Not Drink Coffee, Tea, or Drinks Containing Alcohol:

Coffee and tea are harmful to the nerves of children. These drinks will not hurt grown-ups as much as they will children, but they are not good for grown-ups either. Alcoholic drinks (like beer, wine, or whiskey) are dangerous even for grown-ups. Children of parents who came to this country from Europe are sometimes given wine to drink by their parents. This is a very harmful practice. Milk tastes much better and will do you a great deal of good. It is the best thing that you can drink.

Do Not Drink Much Ice Water or Other Cold Drinks:

If you do drink ice-water in warm weather, drink it very slowly, or just sip a little bit at a time. If you drink a lot of cold drinks, it will interfere with your digestion, and it may make you sick. Do not drink "ice cold" milk, as it is harder to digest than milk which is only cool.

"Health is the greatest of all possessions"

"Take" One Quart of Whole Milk Daily:

This means that the milk may be taken as a drink in a glass or as a combination with some other food as, for instance, breakfast food. Be sure to drink milk slowly. "Do not drink milk—eat it slowly." What does that mean? It is better for you to drink milk when it is not too cold. Cold milk is harder to digest than warm milk. Milk is the ideal food. It contains all the things necessary for you to grow strong and healthy. Be sure to take at least one quart of milk in some form each day.

Drink Plenty of Cool Water Between Meals:

Cool water is refreshing and is better for you than "ice-cold" water. Ice water should be taken a little at a time if at all. Never drink ice water when you are over-heated. The best time to drink water is between meals. When it is taken with the meal, be sure that it is not used to soften the food and wash it down. Never take any liquid while you have food in the mouth. Food should be softened by chewing, not by drinking liquids. It is a good plan to take a glass of water one hour before breakfast, if possible; two glasses one hour before lunch, and two

COURTESY OF THE NATIONAL DAIRY COUNCIL, CHICAGO, ILL.

"These two little pigs didn't 'go to market,' but one of them will soon be ready while the other will surely find trouble in finding a buyer.

"These pigs are the same age, in fact of the same litter and were fed the same ration except that the smaller one received no milk after he was weaned. He had all the other food he could eat, same as the big one. At the conclusion of the experiment, the larger pig weighed 42 pounds and 3 ounces, while the smaller one weighed 13 pounds and 5 ounces.

"Do not drink milk—EAT it slowly"

"In addition to being smaller in size, he showed unmistakable signs of malnutrition. He was not properly nourished. Faulty bone growth is the inevitable result of a ration which does not include mineral matter and the valuable vitamines which are found in milk."

Safety First in Drinking

Do not let the lips touch the metal (or porcelain) of the drinking fountain. What is the matter with the face of the child who is walking away from the bubbler? Has he had a drink, too? Is there any danger for the second child?

glasses one hour before the evening meal. This will "flush" or wash out the system.

"Safety-first"—always

When drinking from bubbling fountains or from spigots, be sure to keep the lips from touching the metal. It is a good plan always to rinse a glass or a cup before using it. Never drink from a cup that may have been used by people whom you do not know, and who may have had a disease. (What is a *public* drinking cup? Why is it dangerous? Does your State have a law against a *public* drinking cup?) If you ever have to drink from a public cup, put the edge under the lower lip instead of between the lips. It is very dangerous also to drink water from a pond or creek or an old well. Very often such water is very unhealthful and contains dangerous disease germs.

Do Not "Wash the Food Down":

You should chew your food slowly, then it will not be necessary for you to wash the food down with water. When you drink water or milk with your meals, take it into your mouth *after* you have swallowed your food. Then you may be sure that you are chewing your food so well that it does not need washing down. Milk or water should be drunk slowly, a little bit at a time. Remember too, not to drink too much milk or water with your meals as too much

liquid will interfere with the proper digestion of your food.

Chew Your Food Thoroughly:

In order to do this one must have good teeth. One cannot chew well when teeth are missing or badly decayed. If you do not chew your food well, the organs which digest your food will have too much work to do. If they are overworked, you will have indigestion, and you may be "sick at your stomach". Eat slowly. Do not be in a hurry to rush out to play. In the morning, be sure to get up early so that you will have enough time to chew your food well before going to school. Allow yourself plenty of time to eat your noontime meal as well. There is no use in hurrying. You will only hurt yourself and cause yourself to become sick.

Keep Your Teeth in Good Condition:

One cannot chew well on badly decayed teeth. Poorly chewed food causes indigestion. In addition to that, food gets into the decayed teeth and then it decays. This decayed food is poisonous and very harmful. It interferes with the proper digestion of your food, and sometimes causes indigestion. If you want

"Now, good digestion, wait on

to digest your food well, have the dentist keep your teeth in good condition.

YOUR FOOD AND GOOD MANNERS

Be Neat and Clean in Your Appearance:

Show your self-respect and your respect for others by washing your face and hands, brushing your hair,

What Do You Think of Them?

These boys are in the same class. When the boy at the right comes to the table, what do the others think? What would visitors think of the other boy? What should be done with him?

appetite, and health on both"

and arranging your clothing before appearing at the table. To be dirty in appearance at the meal is not only disgusting to the others who must sit beside you and to those who sit across from you and look at you, but it is dangerous to your own health and to the health of others as well. Wherever there is dirt there are likely to be disease germs, and they may get into your food. You will find that to be clean and neat at meal time will make you feel better, and that you will enjoy your food more, and will therefore digest it more easily.

Use a Napkin:

Do not wipe your mouth or your fingers on the back of your hand, or on your sleeve or other parts of your clothing. Sometimes, in eating, a little grease or food may touch the ends of the fingers or the outside corners of the mouth. If so, you should quietly dry the tips of your fingers on the napkin in your lap, or touch the napkin gently to the lips. The napkin should be unfolded once, if it is a large one, and spread length-wise across the lap, leaving the center fold as it is (still folded).

Show respect and courtesy to others

Pass Food Properly:

Be sure to pass dishes containing food to others before helping yourself, and as you pass such dishes be careful to see that your thumb or fingers do not

What Is Wrong Here?

How many mistakes are being made? What are they? What should be done?

touch the food in the dish. Nobody wants to eat food after you have had your finger in it. The hand should be placed well underneath the dish if it has no handle;

if it is a large dish, use both hands, holding the dish lightly with the fingers. The handle of a pitcher or dish should be turned so that your neighbor can take hold of it.

Never Reach Across the Table:

If you want something which is not directly in front of you, ask to have it passed to you. It is very impolite for you to reach across the table for things, or to reach across in front of someone else. When you ask to have anything passed do not forget to say: "Will you *please* pass me—" and name what you want. And remember to say "Thank you" after anything has been passed to you.

Use Your Knife, Fork, and Spoon Properly:

Do not grasp them in your fist, but hold them lightly between the first two fingers and the thumb.

The Fork:

1. The fork should be used in the right hand, except when holding something which you are cutting with your knife.

2. Vegetables should be cut or mashed with the fork. Salad should be cut with a fork. (Do not use the knife.)

3. When you put food into your mouth with the fork, the prongs (pointed ends) should be pointing upward not downward.

4. Take bread with the hand, not the fork.

The Knife:

1. Do not put food into the mouth with the knife.

2. When you cut with the knife, cut small pieces and cut lightly. Do not be clumsy, or "saw" with your knife. Cut your food carefully and quietly, in a way that does not attract attention.

3. Never use your knife for anything but cutting food, except, perhaps, to spread butter on bread. (A large slice of bread should always be broken into smaller pieces and each piece should be buttered as it is needed.) Sometimes a separate knife is used for the bread and butter plate.

4. When you are not using your knife (after you have once used it) it should be placed upon your plate, at the edge. Do not lean it against the plate.

5. When you are through with the knife and the fork, they should be placed on the plate, their tips touching in the center of the plate, and their handles resting on the edges.

As well as you can every time

The Spoon:

1. Do not permit your spoon to stand in the cup.

2. Do not blow on a spoonful of hot soup (or a hot beverage) to cool it if it is too hot. Wait until it is cool before taking it with your spoon.

3. Do not drink beverages with a spoon. Drink from the cup, or glass.

4. In taking soup with a spoon, the correct way is to dip it with a motion out and *away from you,* rather than toward you. Take the soup into your mouth from the side of the spoon, rather than from the end. Never put the point of a spoon into your mouth first.

Make the Meal Pleasant and Enjoyable:

Meal-time should be a happy gathering of the family. Do your best to make it pleasant. You will enjoy your food more, and it will digest better if it is eaten slowly, when you are in a pleasant frame of mind, than if you are nervous and fretful and eat in a hurry. The evening meal is a splendid opportunity for the various members of the family to talk over the interesting things of the day, so that your mind will benefit as well as your body. As you are one of

the younger members of the family, it is probable that you will gain more by listening to the older ones talk, than by doing the most of the talking yourself. Remember, too, that you should not talk with your

Be cheerful. Don't talk too fast, or too loud. Chew your food well. Don't "rush" to get through. Feed your mind as well as your body!

mouth full of food. When you do talk, speak only of pleasant things, and of things which are interesting to the others—instead of those things which interest only yourself. Do not say unpleasant things to others

Learn to say "Please" and "Thank you"

who are present, or about people who are not present. Do not discuss or talk about unpleasant or disgusting things at the table. Let everything you say be pleasant and cheerful. Rather than talk about others, it is better to discuss the important happenings of the day. In such manner, many helpful things can be learned by each member of the family. However, do not become so interested in the conversation that you forget to chew your food well.

Be Considerate of Others:

Serve others before helping yourself to food. Do not think only of your own needs. Offer to serve others before it is necessary for them to ask you to serve them. If you are visiting (and it is a good plan, also, at home) do not refuse food just because you do not like it. It is better to take just a little, and to try to eat just a little of anything that you may not like, (unless you know from previous experience, that it will make you sick).

When you are eating lunch at school, or if at any time you may have something to eat which your playmate or playmates do not have, it is polite to offer them some. You will find that it will teach them to

share with you. Besides, you have the pleasure of knowing that you were not selfish or "stingy", and you will respect yourself more for having shared with your playmates.

Try to Remember—Try to Practice

1. Eat your meals at regular hours.
2. Be sure to eat enough food—especially in the morning.
3. Be sure not to eat too much—especially of sweet things as they are likely to make you sick.
4. Never play hard right after a meal.
5. Do not eat anything unless you are sure that it is safe.
6. Do not drink coffee, tea, or drinks containing alcohol.
7. Do not drink too much ice water or other cold drinks.
8. Very cold drinks should be sipped, or drunk slowly.
9. Drink one quart of whole milk daily.
10. Drink plenty of water (not too cold) between meals.
11. Never "wash the food down."

No exceptions

12. Never drink too much water with your meals.
13. Chew your food thoroughly.

Food and Good Manners:

1. Be neat and clean in your appearance at meal time.
2. Use a napkin. Unfold it once and lay it across the lap.
3. In passing food, keep your finger out of the dish.
4. Do not reach across the table for food—ask to have it passed.
5. Use your knife, fork, and spoon properly.
6. Serve others before helping yourself.
7. Make the meal pleasant and enjoyable.
8. Do not take too much at one helping.
9. "Divide" with others.

Some Problems To Talk About
(At Home and In Class)

1. Why should you be careful about unknown packages of candy?
2. Name some poisonous foods, which may be difficult to recognize as poisonous.
3. Why should we learn to like all foods?

Never miss a chance to practice

4. Why, if we eat green vegetables and fruits every day, do we not need "oil" or "salts" to keep our bowel movements regular?

5. When is the best time to eat candy or cake?

6. Why should we drink ice water and any cold drink slowly?

7. What do you mean by *regularity* of meals? Why is it necessary for good health?

8. Should we drink liquids when chewing food?

9. Tell your idea of a happy family table.

10. How do cleanliness and neatness affect digestion?

11. How should you pass a plate? a pitcher? etc.?

12. Explain how you use a fork, knife, and spoon.

13. Why should your conversation at a table be different from the ordinary conversation?

14. Should we ever refuse food at the table? What should we do if we do not like it?

15. What is meant by a "beverage"?

Helps for Workers

1. Plan a breakfast that you think would "last" until noon.

2. Bring in specimens of mushrooms. Notice how the skin peels off.

3. Make posters of fruits and vegetables by cutting illustrations from advertising pages in magazines.

4. Make a poster showing only green vegetables.

5. Make a poster of fruits and vegetables that are good for us because of their laxative value. (What does "laxative" mean?)

6. Do you drink tea and coffee? If possible, drink less of it each day, until you can do without it altogether. It would be well to bring a note from your parents, if possible, telling of this improvement.

7. Try chewing your food "twenty-five times" before swallowing it. What do you notice about the food?

8. Make a chart from cut-out pictures showing the most important ideas about good habits in eating.

9. Show how to use a napkin. (Be sure the folded edge is toward you.)

10. Set a table and show proper setting and proper use of spoon, fork, and knife.

11. Make a chart of good beverages.

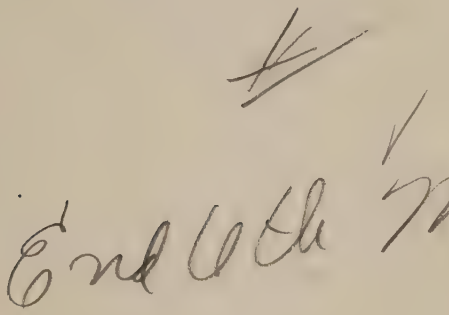
12. Compose a jingle about good habits in eating.

13. Keep an account to show how many pints of milk you drink in a week.

Make up your mind—and stick to it

14. Keep an account to show how many glasses of water you drink each day.

15. Consult the height-weight table. How tall are you? How much should you weigh? If you are underweight, what should you do?



"The child is father to the man"

CHAPTER XIII
CARE OF THE EYE

If you owned a very fine and beautiful watch, you would be just as careful of it as you could be. You would not let anyone do anything to it that would hurt it in any way. You would try in every way to keep it from harm so that it would last for a long time. Your eyes are more valuable than the finest watch in the world. You should be willing to do everything possible to give them the best of care. Your eyes are just as delicate as a fine watch and need just as much care. If you should neglect your watch, the injury might not show for some time, but the weakness would be there. It is just so with the eyes. If you injure them by poor care, you may not notice any change right away, but you have injured them and the damage will show sooner or later. Careless use of your eyes will injure them just as surely as careless use will harm a good watch.

Let the Light Fall Over the Left Shoulder:

When:

1—Reading

2—Writing

3—Sewing

4—Doing any "close" work. (By "close" work, we mean work that is rather fine (or small) and which needs to have the eyes kept right on it all the time.)

The reason for this rule is that most people are right-handed—that is, they use the right hand for almost everything they do. If the light comes from the right, it will throw a shadow on your work, and thus prevent you from seeing what you are doing. But if the light comes from your left, the shadow of the right hand falls away from your work, not on it. Thus, the shadow does not interfere with what you are doing.

If you are one of the few people who are *left*-handed, you should try for your own sake, to become right-handed. This is a right-handed world, that is, nearly everything is made for the right-handed people. The windows in your school room are put in the side of the room where the light will throw the shadow away from the work of the right-handed boys and girls, but for the left-handed boys and girls the shadow is thrown right on their work. This is not only very

inconvenient, but it hurts their eyes. For the sake of your eyesight and your comfort in life, try to write and do other work with the right hand.

Where possible, left-handed people should let the light come from the right instead of the left, but this cannot always be done.

Be Careful When Something "Gets into Your Eye":

1. *Do not rub your eye*—that only makes things worse. Rubbing will only push the bit of dirt into a spot where it may be even more difficult to get out. Rubbing is also likely to make the eye sore and red (inflamed).

2. *Go to some person who knows* how to get it out:

Your teacher
A druggist
A doctor
The school nurse
Your mother or father

Get someone you can trust

Any grown-up person that you know well enough to trust (with something that is more valuable than the finest watch).

3. *Do not let a playmate touch your eyes,* or get anything pointed near them. (Why?)

Danger—Never Allow Another Child to Put Something Pointed Near Your Eye

If there is no one who can safely help you, try this:

(1) Take the "lash" (long hairs) of the upper lid of the eye where the trouble is.

(2) Pull the upper lid down over the lower lid, and hold it there gently.

(3) "Blow the nose" well, especially the side that is nearest to the eye where the trouble is.

(4) Sit still quietly for a few minutes, then try again. If the particle does not come out, it shows that it is in so deeply that it will need the help of someone else to get it out. Be sure to ask help of only those whose skill and judgment you can trust.

Read Only in a Good Light:

What is a *"good"* light? A good light is:

1. One that is *not too strong.* Very bright sunlight is not a "good" light, because it is too strong. A light that is too strong, makes what we call a "glare". It makes us lower the lids a little bit in order to shut out the strong light, and it shines so strongly on the white page that it is difficult for us to read the print. The sunlight at the seashore on a

Too much light is harmful

clear day has a "glare" to it, especially if you are on the water or near the water—(as on the beach). Bright sunshine on the snow in winter also makes a strong glare.

2. A "good" light is also one that it *not too weak.* If the light is too dim or weak it makes us strain our eyes in order to see the print that we are reading. One of the most dangerous "eye" habits is that of reading by the window or on the porch as it is growing dark at the end of the day. The darkness comes on so gently that the light grows poorer and poorer, and it gets darker and darker, before we notice it. At last, it gets so dark that we are straining our eyes, very badly indeed, and if we are reading something very interesting, we do not notice that it is too dark to read until someone tells us so. Twilight is the most dangerous time of the day for reading. During the hour in which darkness is coming on, it is better not to read at all.

When you are reading at night, or on a very dark day, be sure that the light is strong enough to read

by, whether it be natural or artificial (oil lamp, gas, or electricity). Make sure that you have a good light when you are doing your home work, and be sure, too, that you do not face the light—as is often the case because the light is either just on or just above the center of the table or desk on which you do your work.

When reading, you will notice that smooth paper is shiny and this light, or shine, on the paper makes it just a little difficult for the eyes to read the print. Rough paper does not shine and therefore the eyes can read the print with less trouble than they do the print on smooth paper.

Hold the Book Correctly:

We mean by this, that your book should not be held too close to your eyes, or, to say it another way, you should not bend your head too close to the book. And of course, we mean not only books, but anything else that you need to watch closely like, for instance, a letter you may be writing, a drawing that you may be doing, or perhaps some sewing or other "close" work. In school, when reading, you should sit erect and well back in your seat and rest the lower edge of the book on the desk. In doing written work in school, you should also sit erect with head up, so that the work you are doing is not too close to the eyes.

Every little bit helps

A "Glare" Hurts the Eye

Do Not Rub the Eyes with Your Hand:

Your hands are never quite clean. Even after you have just washed them, there may be a few germs on them. Generally the hands have a great many germs on them. While some of these germs may not

What is wrong in this picture? Might some harm come from such a habit? Explain.

What are "paper towels?" Does your school provide them?

be harmful, there is always a chance that there may be some germs on your hands which, if they should get into your eyes, would cause you to have sore eyes, or harm them in some other way. Therefore, never rub the eyes with your hand or finger. If it is neces-

Have your eyes examined each year by an oculist

sary to rub the eyes at all (which is very seldom) use a clean towel, a wash-cloth, or a soft handkerchief. In the morning, when you wash, be sure to wash the corners of your eyes (the corners nearest the nose) to clear out any waste matter that may have collected there. Be sure not to dry the eyes or rub them with a towel, wash-cloth, or handkerchief that has previously been used by others. Name a place where this practice would be very dangerous. (Why?)

Bathe the Eyes, When They Feel Sore or Tired:

Sometimes when the eyes feel sore or tired, they need only a rest or a little bathing in warm water followed by cold water. This will make them feel better. Closing the eyes for a short time is a good way of resting them when they feel tired. When reading, studying, or doing any "close" work for a long time, you can rest your eyes once in a while, by looking at some distant object—something, for instance, that you can see through the window.

Be Careful of Eyestrain After Illness:

There are certain diseases that have a bad effect upon the eyes, and after having had such diseases,

it is necessary that you be very careful not to use the eyes too much in reading or in doing other "close" work. Boys and girls who have had measles, scarlet fever, inflammation of the eyes, or any other eye weakening disease should be very careful not to strain the eyes by reading much, until they are quite well and strong again.

When Reading, Do Not Sway, Rock, Nor Wriggle:

If you move the body while reading, it is difficult for the eyes to see clearly what you are reading and this causes you to strain the eyes. It is a bad thing therefore to "sway" the body to and fro when reading—as the body does sway (or go forward and backward) when in a moving swing or hammock, or in a trolley car, automobile, or boat. "Rocking" in a chair when reading is likely to strain the eyes, too. Can you name some other times when we rock the body and therefore ought not to read?

Do Not Read or Write While Lying Down:

If you read or write while lying down, you notice immediately a slight strain in the eyes—they have a peculiar feeling that tells you they are being strained,

even though it may not hurt you very much. Your eyes are strained because of the poor position of the body. Unless your back is well propped up with pillows (in which case you are actually sitting up rather than lying down), you should never read or write while lying down.

If Your Eyes Hurt You a Great Deal, Go to a Doctor (Oculist):

Note—Oculist—one who treats diseases and ailments of the eye.

Optician—one who sells optical goods.

If you find that your eyes are hurting you a great deal, or if you have headaches very often, or frequent attacks of nervousness, or are liable to "car" sickness, it is a wise thing to go to your doctor, or to an oculist. Do not be afraid that he will order "glasses" or spectacles for you. He will not order them unless you need them. If he does, remember that while you may not like them at first, they will save a great deal of pain and trouble later in life. If your eyes do not receive proper medical treatment, they will get worse, and in the end you will probably have to get the glasses anyway. It is just as well to get them (*and*

wear them) *before* your eyesight is badly hurt by strain.

Poor eyesight means a poor job, and poor wages. To be successful, you must have good eyesight. Doctors, lawyers, teachers, engineers, mechanics, clerks, stenographers, and many others all need good eyes.

Unless you have your eyes attended to there are many good positions that you cannot get, and poor eyesight has thrown many a man or woman out of work. Get your eyes attended to before it is too late.

Remember—"Health! Happiness! Success!"

You Ought to Be Able to Read These Letters at the Distances Given.

30 Feet

N B H G A

20 Feet

H Y E V B T R

First place the book in some spot where a good light will shine on it. Make sure the light does not shine in your eyes. Then prop up the book on a level with your eye, and try to read—first, with the left eye, and then, with the right eye. (Keep the eye that you are not using, covered with a small card.) If you cannot read the letters at the proper distances, consult a physician or an oculist.

Try to Remember—Try to Practice

1. Let the light fall over the left shoulder, from the rear.
2. Read (or work) only in a good light:
   Not too strong (as a glare)
   Not too dim (as at twilight)

Do it now!

3. When something gets into your eye, go to some one whom you can trust for help.

4. Never rub the eye with your hand.

5. Never touch the eye with anything that some-

What Is Wrong or What Is Right in This Picture?

one else has used (like a dirty towel, or soiled handkerchief).

6. Hold your book (or work) neither too close nor too far from the eye.

7. Do not read or write while lying down.

8. When reading, do not sway, rock, or wriggle.

Bad habits cause poor health

9. Rest the eyes when they feel sore or tired.

10. Be careful of eyestrain, after an illness.

11. If your eyes hurt you, be sure to go to an oculist.

12. If you are supposed to wear glasses, *wear them.*

Some Problems To Talk About
(At Home and At School)

1. Which are better for the eyes, dark window shades (like green or blue) or light window shades (brown and tan color)? Why?

2. What kind of wall paper is most restful to the eyes?

3. Why do people wear dark, or colored, glasses at the seashore? Where else are they worn?

4. Name some cases where you have noticed a glare that is hurtful to the eyes.

Helps for Workers

1. Test your eyes with the letters shown. Are your eyes as good as the average? If not, what will you do?

2. Find what the sun visor is on an automobile. Why is it used?

3. Try on spectacles with colored glass—yellow

(amber) or smoke color. What difference do you notice?

4. Walk out in strong sunlight, shining on sand, asphalt, cement, or snow. What do you notice about the effect on your eyes?

5. Make a poster showing some rules for care of the eyes.

6. Can you write a Health Jingle (poem) on the care of the eyes?

CHAPTER XIV

CARE OF THE EAR

Almost as valuable as your eyesight is your sense of hearing. The ear, like the eye, is very delicate. It is so important and so delicate that the "works" (or the parts of the ear that are the most important) are placed in the bony side of the skull, just as the works of a watch are placed inside a hard metal case. The part of the ear that you can see, called the outer ear, is only a part of the real ear. The most important part of the ear is very delicate and is placed inside the head, where it cannot be touched or seen.

Ear trouble is likely to be serious because the ear is very close to the brain. Remember, too, that if you injure the ear, it may take a long time for the damage to appear. When the hearing begins to "fail", we grow deaf. Many people are deaf because they have not taken proper care of their ears. The best time to think of the care of the ears is when you are young—it is too late to begin after you start to grow deaf.

Never Pull or "Box" the Ear:

Whether you are in play or in earnest—with perhaps a playmate or a younger brother or sister—you should never pull the ear, or strike anyone across the ear. Many parents, and sometimes older brothers

A Poor Way to Punish

Many do this, but it is always a little cruel and sometimes causes much harm. Don't strike anyone's ear.

Should the older sister be ashamed for having treated her little brother this way? Why?

and sisters, think that to slap a child alongside of the head with the open hand (sometimes called "boxing the ears") is a mild and harmless way of punishing a child. This is a dangerous habit because it

sometimes injures the delicate part of the ear which is inside the head. Remember, it is a dangerous thing to do. While it is often not very painful, it *may* cause a great deal of harm. Of course, there are other blows on the ear that should be avoided too. Sometimes, boys in swimming fall into the water, with the ear flat toward the water. The blow of the water striking the ear is just as dangerous as a blow from the hand, and often does harm. When in bathing at the seashore, a blow against the side of the head from a wave is also likely to damage the inner ear. Do not let a blow of any kind strike the ear.

Never Put Any "Foreign" Substance Into the Ear:

Since the inner ear is so delicate, it is dangerous to pick the ear with anything. In order to clear the ear of wax, some people often use a match, stick, or hairpin. This is a bad thing to do because it may go in too far (or it may even be pushed in by someone accidentally, or in play) thus causing an injury to the ear. In cleaning the ear, use a washcloth over one of the fingers, and make sure that you reach all of the small corners in the shell-like surface of the outer ear. Be sure to wash behind the ears as well.

Stop! Think! Be careful!

In cleaning out the wax, use the washcloth and finger —anything smaller or harder than that is dangerous. If the ear feels clogged with wax, and it seems to interfere with clear hearing, do not pick at it. Go to a physician, or doctor. He will know how to clean out the wax without hurting the ear in any way. This is sometimes necessary because the wax in the ear gets hard once in a while and will interfere with hearing unless it is cleaned out. If you have any difficulty in hearing, consult a physician and have him examine your ears.

Do Not Permit Any "Foreign" Substance to Enter the Ear:

In play, be careful not to let dirt or sand get into the ear. If you go to the seashore, be very careful to see (when playing on the beach), that no sand gets into your ear. Sand in the ear is very painful, and sometimes causes ear troubles that lead to serious illness, operations, and even deaths. When in swimming or bathing (if the water is dirty—and very often it is so at the seashore), it is a good thing to wear a rubber cap that goes over the ears, or to put raw cotton into the ears or else use the little "ear drum

protectors" that are made especially to keep water and foreign substances out of the ear. If something should get into your ear, go to a doctor to have it

After This—Then What?

You often see this scene on a sandy beach. One bather covering another entirely with sand.

Next winter the one who is covered with sand now may have a pain behind his ear. Perhaps the doctor will find it necessary to operate in order to save his life.

taken out. It is not wise to try to attend to such things yourself. Of course, if you do not want for-

eign substances in your *own* ear, you should be very careful not to do anything that might cause pain and trouble to some one else. It is a bad thing to throw sand or dirt at anyone, or to put anything in his ears in play.

Avoid Loud Noises:

Some people who like to play jokes, but who do not have much common sense, sometimes try to scare others by making a very loud noise quite close to the ears of the other folks. It may be funny to see them jump, but it is dangerous play. A loud noise or explosion (like the explosion of a fire cracker, the bursting of a paper bag filled with air, or the firing of a gun or cannon) may cause injury to the ear, and deafness, if it is too loud or too close to the ear. Be sure to avoid loud noises yourself, and do not do anything that might injure the hearing of another in this way.

Get Rid of a "Cold" As Quickly As You Can:

A "cold in the head" generally stops up the nose and upper part of the throat with a great deal of "waste matter." This substance, which comes with a cold, sometimes gets into the ear by means of a small opening in the throat. You may have noticed this at

times when you caught cold—the ear seemed slightly deaf. That is because this harmful "matter" had entered the opening leading to the ear. If the waste matter goes far enough, it may cause bad sores inside the ear, and sometimes even illness or death. When you think of that, a cold is really a very dangerous thing. You ought to do everything to avoid catching cold. When you do catch cold, get rid of it as quickly as you can. Many people do not bother to take medicine for a cold, and think it is not serious enough to need the services of a doctor. This is a great mistake. While the cold itself is not dangerous, it may lead to ear trouble that is very serious. When you catch cold, go to a doctor right away, and have it cured.

Blow the Nose Gently:

Be careful at all times not to blow the nose hard. It is better to blow one side at a time than both sides at once. Be very careful when you have a cold. If your nose feels stopped up and you cannot clear it without blowing very hard, it is better to wait a little bit. The chances are that the waste matter may clear a little and you will then be able to blow the nose without much trouble. There is danger in blowing

the nose too hard. It may injure the ear, or some of the substance that is blocking the nose and throat may be forced or blown into the ear. This we have found to be very dangerous.

For Earache—Consult a Physician:

If you have a pain in the ear, or just behind it, or a "discharging" ear (what does that mean?) you should consult a physician. Hot water bags or warm cloths are sometimes used to take away pain in the ear, but they should not be used as a cure. They may be used to ease the pain while waiting to see the doctor. BUT ALWAYS SEE THE DOCTOR. A pain in the ear may be the warning of very serious trouble, and the sooner it receives the skillful attention of a physician, the better.

And again, remember the importance of good hearing. Good stenographers, clerks, phone operators, teachers, physicians, and many others must have good hearing. Poor hearing may mean a poor "job" or a poor position all your life. Take good care of your ears. It pays. You cannot afford to be careless.

Try to Remember—Try to Practice

1. Do not pull or box the ear.
2. Never permit any foreign substance to get into the ear.

A watch to the watch-maker,

3. Never pick the ear with anything sharp.
4. Do not throw sand or dirt.
5. When in bathing, ear drum protectors are good things.
6. Avoid very loud noises.

This man has lost his position because he had poor hearing. Don't you feel sorry for him? What kind of job do you think he had? And what mistake might he have made because of his poor hearing? What do you want to be when you grow up? Will it be necessary for you to have good hearing?

7. Get rid of a cold as quickly as you can.
8. Always blow the nose gently.
9. For earache, or a pain behind the ear:
   (a) Use warm cloths or a hot water bag to ease the pain
   (b) ALWAYS CONSULT A PHYSICIAN

your ear to the doctor

Some Problems to Talk About

(At Home and In Class)

1. Which is the most important part of the ear—the outer part which you see or the inner part which you cannot see? Why?
2. In what way is the ear like a watch?
3. Why is the inner ear placed inside the bones of the head?
4. In what way is a cold dangerous?
5. Name some kinds of play that are dangerous to our hearing.
6. Suppose you were asked to pick the three most important rules for the care of the ear, which three would you pick? Why?

Helps for Workers

1. Make a poster from cut-outs, showing the most important rules for the care of the ear.
2. Find out what "mastoiditis" is. What is it like? What causes it? Is it dangerous?
3. Write a jingle poem about one of the rules for care of the ear.
4. Practice blowing the nose, gently, one side at a time until it becomes a habit.

CHAPTER XV

MENTAL HABITS

(Habits of the Mind)

Up to this point in our book, we have been talking about good habits of the body. The mind is also a part of the body (since the mind "works" in the head), in an organ called the brain. The brain is different from any other part of the body because the brain controls the rest of our body. It is with our minds that we decide just what the rest of the body shall do. It is important that the brain should have proper care for the same reasons that the other parts of the body are given good care. There are certain habits that should be formed if we are to take proper care of the brain, and the mind that is in it. If the mind is not healthy and happy, the other parts of the body do not do their work well.

For instance, when you are worried, or nervous, the organs that digest your food will not do their work well. Indeed, you probably will not feel like eating at all. When you are sad, even your arms and legs

seem tired, and you do not feel like exercising or playing. Grown up people who worry too much, or who are nervous or too excitable, often have what is called a "nervous break-down". Then they must go away to rest, or to a hospital, for months or even

What are you worth inside the head? A pleasing appearance is a good thing, but do not forget to cultivate your mental ability. Your head should be intelligent as well as good-looking.

years. A great many grown-up folks have nervous trouble of one sort or another because of wrong habits of the mind that were formed when they were children.

"A sound mind in a sound body"

If our minds and bodies are to be healthy, then it is important that we be as happy and as contented as possible at all times. The greatest cause of nervous trouble is *worry.* Another cause of nervous trouble is "fear" of something—also a form of worry. Still another cause is over-excitement (or too much excitement). We can get rid of such causes of sickness by *trying to be happy,* for one cannot be happy and worried at the same time. But can you be happy *all* of the time? Well, perhaps not, but there are lots of times when you are unhappy when, by following a few rules, and with a little practice, you could be happy. Here are a few things for you to practice:

Look at the Bright Side:

No matter what has gone wrong, if you hunt around you can generally find some reason for being happy and thankful that things are no worse. There is an old saying that "every cloud has a silver lining." What does that mean? Do not worry about what cannot be helped. If you have done something wrong, get it off your mind by telling someone who can help you—your mother, your father, an older brother or sister, or perhaps your teacher. You will feel much

better. Make up your mind that you will not make a mistake like that again, but do not worry about it. People spend a great deal of their time in worry, but hardly anyone of us can now remember what we were worrying about a year ago—which shows that

Look at the Bright Side

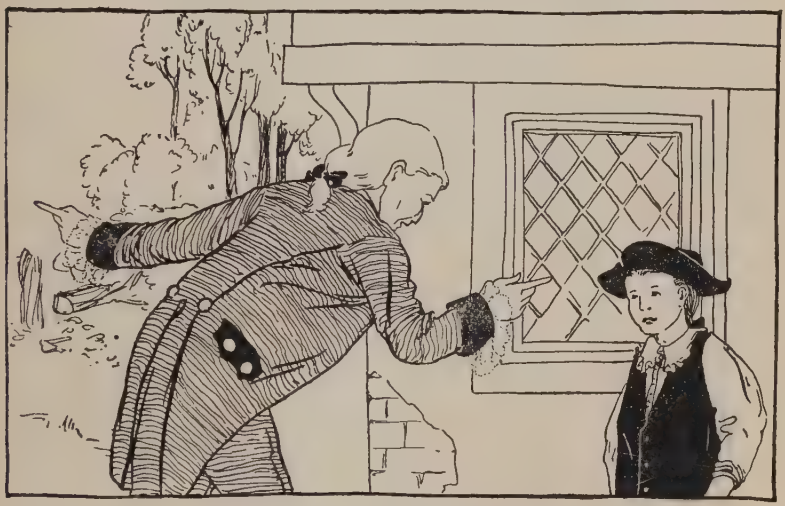
How many of you know Tiny Tim? Read Dickens' "Christmas Carol," and meet him or, better still, get your teacher to read you the story, or tell you about him.

it was not very important, and that it would have been just as well not to worry too much about it, whatever it was. (Read the story of "Pollyanna" or get some one to tell you about it.)

Don't forget to read the stories

Always Tell the Truth:

To tell a lie, or to say something that is not true, is to give yourself something to worry about for a long time. Not only do you worry about being found out, but you lose respect for yourself for being afraid to



Always Tell the Truth

Can you tell some splendid stories of famous people who had the courage to tell the truth? Don't be a coward. Tell the truth always.

tell the truth. It is much better to be truthful and say that you have done something wrong, than to tell an untruth. No one is perfect. Everyone has done

wrong things, Do not be afraid to say that you did something wrong. If you deserve punishment, be willing to take it. Most boys and girls who tell the truth are not punished as much as those who do not tell the truth. Remember, always tell the truth: to tell an untruth means that you will be unhappy. (Who can tell the story of George Washington and the cherry tree? Why are you glad that little George Washington told his father the truth about the cherry tree? Can you tell a story about any other boy—or girl—who was brave enough to tell the truth?)

Do Not Depend on Others:

Do not do what other boys and girls tell you to do, just because they want you to. Do the right thing, no matter what others say. When you have work to do in school, be proud that you can do it, and that you do not have to get someone else to do it for you. Learn to do as many good things as you can. The more things you know how to do, the more you can help yourself and help others. You will be happy and proud in being able to do so many useful things. (Name some great men who worked hard to be successful. Did others help them to become great, or did

they work for themselves?) Do not owe anything to others. Be independent. Do things for yourself.

Don't Depend on Others

When you want anything done, do it yourself. Work develops a good character. Everyone respects a good reliable worker.

Be Patient:

When you want something very badly, do not worry too much about *not* getting it. If you can get the thing you want by working for it, work as well as you can, and be happy as you work. Do your work well, and do not think too much about the thing you are working for. It will then seem to come about

Take pride in being patient

very quickly indeed. If you are working on a problem in school, do not think too much about the answer—but think more about each step of the work as you do it. If you think about doing each little step as quickly and as well as you can, you will find that you will reach the end of the problem almost before you know it.

If you do not succeed right away in what you are trying to do, keep interested and happy and you will be successful much sooner than if you fret and worry and become unhappy. The best workers and the most successful people are those who keep sweet and happy even when things go wrong. Many famous men and women were unsuccessful for many years before they were able to succeed in doing what they wished. (Abraham Lincoln was defeated in other elections many times and for years, but he was finally elected President of the United States. Famous inventors and famous writers have worked for years and years before they were successful.) There is great good to be gained in learning to fail without feeling angry or ashamed. Learning to be patient when things go wrong has made many men great. It is a good thing for every one to learn. By being patient,

you will be happy instead of unhappy, and the mind will be healthier. Remember that anger and worry do not help things any, and they do your mind and body much harm. People who get spells of anger are likely to be weak and sick and have headaches afterward; it will take away the appetite or even interfere with the digestion.

If you are anxious about something over which you have no control—that is, something which you cannot get by working for it, but which you must just wait for—do not think about it too much, or worry about it. Until the time comes, think about other things and keep yourself interested and busy in something else.

Be Accurate:

Do the best you can in everything that you do, whether it is for yourself or for someone else. It generally takes no longer to do a thing well than to do it poorly, and it is lots more fun to do it well. You will feel prouder of yourself, and others will think more of you, too, if they know that whatever you do is done well. One of the best ways of being accurate in your work, whether it is at home or in school, is to form the

People respect accuracy

habit of watching carefully when you are being shown how to do a thing. If the teacher is showing you how to do something, watch carefully everything that the teacher does; if it is your mother or your father who is showing you or teaching you, watch either of them

Be Accurate

Many a person has lost a good position because of a mistake. Be accurate, absolutely right, in everything you do. It pays. What is the lady saying?

carefully, too. Watching carefully is one of the best ways of learning to do anything, either at work or at play.

Another way of doing your work well is to decide little by little just what you will do and how you will

There is real pleasure in being accurate

do it. *Make a plan* of what you are going to do an the best way of doing it. If you will think about the best way of doing a thing, before you really do it, it

Which Way Are You Going?

Are you on your way now? You must decide which way, and how you will go. Good mental habits are necessary for success. Start now.

will very often save you a mistake. Many people never think of first deciding what and how they will do, before they start, and so they make many mis-

akes and sometimes get into a great deal of trouble nd make trouble for others, too.

You can save yourself a great deal of trouble and unhappiness by watching carefully how to do things when you are learning, and by planning how to do anything before you start to work on it. (Who can tell the story of William Tell and his son? How did William Tell save the life of his son? Was he a careful man? How can you tell?)

Be Thorough:

There is a saying: "Never start anything that you cannot finish." That is what we mean by being thorough. Never stop anything that you have started and leave it unfinished. If it was worth while starting, you should have pride enough to stick it through, until it is done and done well. It should be a matter of pride that you have the power and the ability to keep on trying, until you have finished. A person who stops before he has finished, because it is too hard, is sometimes called a "quitter." And no one wants to be called a quitter any more than he would want to be called a coward. There is a great deal of satisfaction in working until one is finished. This kind of happiness is sometimes spoken of as "the satisfac-

Who is the most "thorough"

tion of work well done." Perhaps you have noticed it. Should you stop playing a game because you are losing? Should one stop working because the work is hard?

Be Faithful

Stick to your job or your task until it is done and done well. Don't be a "quitter." Stick until the very end.

Nurses and doctors are good examples of those who stick to their job. Can you name some others?

pupil in the class?

Serve Others:

One of the greatest forms of happiness in this world comes from doing good for other people. Your father and your mother and your teacher get real happiness in helping you and in doing things for you. The greatest men and women that the world has

Serve Others

Your greatest happiness comes through making others happy. Be sure to do that now.

Did you help some one yesterday?

Find some one whom you can help today.

known have been those men and women who have done things for other people. If you do things for yourself and for yourself alone, you will be worried all the time. Selfish people are generally disagreeable

How many people serve you?

and very unhappy. Perhaps you have noticed that. If you learn to serve others and help them, you will not only be happier because you have little to worry about, but you will find that you will be happier, too, because of the good opinion that everyone has of you, and because of the good things that they will try to do for you. Those people who are happiest in this world are probably those who enjoy the love and respect of other people. You will have many friends to help you, and few enemies to worry about. (Who knows the story of little Gluck and The King of the Golden River? Why were Gluck's brothers changed to black stones? Why was Gluck rewarded with happiness?)

Rest When Tired or Worried:

If you work or play too long or too hard, you will find that you grow fretful and become angry very easily about things that generally you would not stop to think about. After you have been playing for some time, and you feel that you do not get so much fun out of it as before, it is a good sign that you ought to stop and rest for a while. If something has happened that has made you nervous and you feel weak and tired, it is a good thing to lie down and take a

short nap. You are sure to feel better after a refreshing sleep.

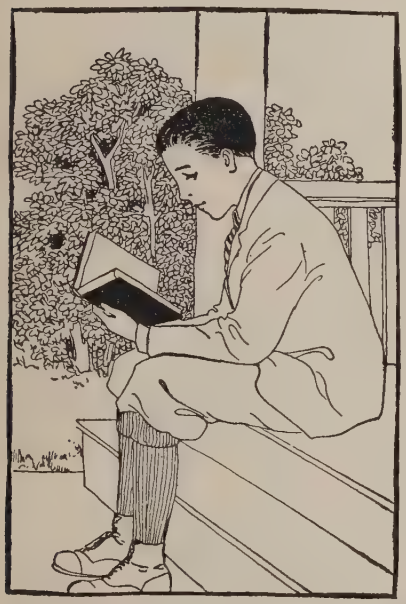
Think Good Thoughts:

You will be happiest when you are spending your time with pleasant people. If possible, work where pleasant people are, play with pleasant companions, and, when resting, be with pleasant people. Pleasant people are those who have good thoughts—who have the right kind of mental habits, the kind of habits about which we have been speaking. Do not be around quarrelsome people any more than you can help, and do not associate or play with boys or girls who think and do things that are wrong. What are some of the mental habits that you would expect of boys and girls who would be good companions?

Good companions will bring more happiness into your life than bad companions. Bad companions—those who do not have good mental habits—might be interesting at first but, after a time, you will learn that they bring with them trouble and worry. If you wish to live a happy life, keep away from boys and girls and men and women who do not have the right habits of living.

"Health and cheerfulness

Good books are good companions, and bring with them pleasant thoughts and right ideas that sometimes help us throughout our lives. The fine people that we read about in books sometimes seem almost alive, and sometimes we remember them longer than



Think Good Thoughts

Read good books. They take you through a "magic door" to any place you wish.

Give your mind good food. Read good books.

Tell others what you read.

we do our real playmates. Your teacher can tell you the names of many good books that you should read. It is best not to read books that make you nervous, just before going to bed, as they are likely to keep you awake "seeing things" in the dark, or else they

will cause bad dreams. It is well not to read too many exciting stories, or to read an exciting story for too long. When you find that you are getting nervous and excited, it is a good thing to go out and play for a while.

Remember, too, that good songs and good music bring a lot of happiness into our lives. Learn to like good music and listen to it whenever you can. Songs and music cheer us up when we are sad, and help us to forget our worries.

Keep Your Body Healthy:

If your body is not healthy, it will cause you so much trouble that you will be nervous and worried. Your mind cannot be strong and healthy unless your body is strong and healthy too. Therefore, if your body is weak, play and exercise to make it strong; if your teeth need the care of a dentist go to a dentist, and get them attended to; if you are sick, do as the doctor tells you and get well as soon as you can. Learn to like play, exercise, fresh air, and sunshine, and try to follow the other rules of health, so that you can be happy at all times. "A sound mind in a sound body" is an old saying. What does it mean?

Health is wealth

Try to Remember—Try to Practice

1. Look at the bright side. (There is a bright side to everything.)

2. Be truthful. (An untruth or a lie means a lot of worry.)

Keep Your Body Healthy

It is hard to be successful unless your body is strong to begin with. If there is anything the matter, get it fixed. Plenty of exercise and good health habits will help to keep your body strong.

3. Do not depend on others. (Happy people are those who can do things for themselves.)

4. Be patient. (Worry or anger will only make things worse.)

Get a clear idea

5. Be accurate:

Watch closely
Listen carefully
Make a plan
Follow your plan

6. Be thorough. (You will be happier when you have finished whatever you may have started to do.)

7. Help others. (Selfish people are always unhappy.)

8. Rest when tired or worried. (You will feel better after a rest.)

9. Think good thoughts:

Good companions will help to make you happy
Good books bring good thoughts and fine company
Good songs and good music make you cheerful

10. Keep your body healthy. (You cannot be happy if your body is not well. Follow the rules of health.)

Some Problems to Talk About
(At Home and In School)

Here are some wise old sayings. Can you tell what they mean, and how, if followed, they can help to make you happy?

Repeat the idea

1. "It's an ill wind that blows no good."
"Every cloud has a silver lining."

2. "Truth hath a quiet breast."

3. "Paddle your own canoe."
"God helps those who help themselves."

4. "Trifles make perfection; but perfection is no trifle."

5. "He that can have patience, can have what he will."

6. "Whatever is worth doing at all, is worth doing well."

7. "One good turn deserves another."

8. "Rest is fine medicine."

9. "Bad thoughts quickly ripen into bad actions."

10. "Health and cheerfulness create [make] each other."

11. "Health is the greatest of all possessions, and a healthy shoemaker is better than a sick king."

Helps for Workers

1. A debate: "Which is better, a strong mind and a weak body, or a strong body and a weak mind?"

Which are you going to have?

Carry out exactly

2. Have you read or heard the story of "Polly-anna" yet? Don't forget!

3. Find out who or what an "optimist" is.
Find out who or what a "pessimist" is.

4. Tell your classmates the story of some great man who depended on himself, rather than on others for help.

5. "A watched pot never boils." Who can explain to the class what that means? What should it teach us to do?

6. A clerk made a mistake in an address. Make a list of the people who were caused useless trouble and the amount of time wasted by each, over this single mistake. (It will be imaginary, of course.)

7. Tell the story of a man or a woman, or a boy or a girl, who "served others."

8. Can you tell the story of some poor man who was happy and healthy or of a great king who was unhappy?

9. Who will bring in a copy of the poem "If", by Rudyard Kipling, and read it to the class? Point out those parts that tell us some good "mental" habits. Which of them have we mentioned here?

10. Learn to say "Please." It pays.
11. Learn to say "Thank you." It pays.

As well as you can every time

CHAPTER XVI

HABITS OF SAFETY

"Safety First"

NOTE TO BOYS AND GIRLS

Your health and well being depend on care of your body in all ways. Accidents may cause injuries that will injure your health. It is wise therefore for us to talk about some of the ways in which we can form habits of "safety-first"—habits that help us to keep ourselves strong and healthy.

As you study each rule, if you know of any accidents that have happened by breaking that rule, ask permission of your teacher to tell your classmates about it. Where possible, bring in newspaper clippings that show the harm that comes from breaking these rules of safety first.

Don't Play with Matches; or with Fire:

Many little children have been badly burned by playing with matches or with the fire. Some have been burned to death; others have been disfigured for life. Burns are terribly painful, too. Grown-up

folks should be careful, when they use matches, to see that they are entirely "out" before they are thrown away, and even then they should be careful to throw the burnt match into a safe place. Burnt matches should never be thrown where there is any

Don't Play with Fire

How did this happen? Who can guess? What will happen to the little girl now? Do you know of anyone to whom this happened?

What should she do instead of running?

old paper or rubbish. Good matches should never be left around where rats or mice can get at them as they are likely to set fire to them by nibbling them with their teeth. The best matches to use are the

safety matches that will not light unless they are struck on the side of the box.

Do Not Use Gasoline, Benzine, or Kerosene (Coal Oil):

They should never be used to start a fire—with a little patience it is possible to get all the fire one needs without using them. Children should never touch them for any purpose—leave that to the grown-ups who should know how dangerous they are. Gasoline and benzine are likely to explode even if they are some distance from a fire. One cannot be too careful even when they are used only for cleaning purposes. At such times they should be used out-of-doors. Kerosene lamps or stoves such as are used in many country districts are very dangerous, and no one but grown-up folks should handle or carry them when lighted. If they explode or upset, they are likely to scatter burning oil over everything near them. (Where should kerosene be kept?)

Beware of Dangerous Nails:

Do not walk where there are nails that stick up and are likely to run into your foot. Sometimes there are nails in boards that are lying around. Such nails

should be knocked out of the boards with a hammer, or else they should be bent over in such a manner that there is little danger of their scratching the hands or running into the foot. Boards with nails in them are often found on the wood pile, so it is a good thing not to walk on the wood pile in the cellar, or to play around any pile of old lumber, such as is sometimes found around building operations. (What is a building operation?)

Do Not Lean Out the Window:

Don't Lean Out the Window

Harry may be badly hurt. He was leaning out the window when someone gave him only a little push —just to scare him. Did you ever do such a thing?

Don't "take a chance"—you may lose

Children who are leaning out the window sometimes get dizzy from looking down, and then they lose their balance and fall. Such a fall is likely to kill you or else so injure you that someone will have to take care of you as long as you live. Perhaps you might never be able to run and play again. Sometimes children push one another when they are standing near an open window, in order to scare the one who is looking out the window. This is also very dangerous, as the one who pushes may push too hard, or else scare the child at the window so badly that he falls. It is a good rule not to lean out the window, nor to play around an open window.

Do Not Put Water or Food Into Anything Unless It is Absolutely Clean:

Very often, children who are "playing house" put water or something else to drink into an old bottle. Never put anything into a bottle unless you first rinse it a number of times with water so that you know it is clean inside. Never put food into a can unless it has first been cleaned. It may be that the bottle or the can once contained some poisonous substance, or

Bad habits cause accidents

else the germs of a disease. For the same reason, a bottle should always be cleaned well inside before it is sent to the druggist for medicine of any kind, or before it is sent to the grocer for vinegar or some other food.

Do Not Play with Medicine or the Medicine Cabinet:

Never take any kind of medicine unless it is given to you by your father or mother or the doctor. Medicine that does one person good, may do some one else a great deal of harm. Never drink anything from a bottle that looks as if it might contain medicine. It might be poison. Do not eat sweet-looking pills for candy. Some pills are very poisonous, and are not supposed to be taken inside the body. Children and even grown-up folks often die in great pain from having eaten such pills. Let everything that looks like medicine alone, unless your doctor or one of your parents has told you just what to do. Even then, make sure that you have the right bottle or the right box, by showing it to them before taking the medicine.

Carelessness costs money

Do Not Touch a Gun or a Pistol:

Sometimes fathers or big brothers carelessly leave guns or pistols lying in a drawer or on a shelf, where little hands can reach them. Such guns and pistols are generally loaded, because people who feel that they must have such dangerous things around

"I Didn't Know It Was Loaded"

What a terrible thing to happen! Who can tell us the story? Every gun is loaded as far as you are concerned. Never touch a gun or a pistol. Have you ever read of anything like this in the newspaper?

Thousands of boys and girls are "sorry"

also feel that they must be kept loaded. Many boys and girls are shot and killed each year playing with their fathers' revolvers, which they ought not to touch. It is even dangerous to pick one up to look at it, because you might drop it, and then it is likely to go off. Run away from any child who is playing with such a dangerous thing. Many people are shot by revolvers, or pistols, that have dropped out of the hands of other people. NEVER POINT A GUN OR A PISTOL AT ANYONE, EVEN THOUGH YOU ARE SURE THAT IT ISN'T LOADED. You can never be sure. Thousands of people have been killed by friends and relatives who in play pointed at them guns that "weren't loaded"—that is, they THOUGHT (like you, maybe) that they weren't loaded. NEVER LET ANYONE POINT A GUN AT YOU, no matter what they say. Do not stand still and let them aim at you—step to one side, or else call for help, and *run away* from such dangerous play.

Try to Remember—Try to Practice

1. Do not play with matches.
2. Do not play with the fire.
3. Do not play where there are dangerous "nails."
4. Do not lean out the window.

Be safe to-day

5. Do not put water or food into bottles that are not clean.

6. Do not eat or drink anything that *looks like* medicine.

7. Do not touch a gun or a pistol.

8. Do not permit anyone to aim a gun or a pistol at you.

SAFETY FIRST ON THE STREET

(These rules are especially important for boys and girls who live in the city.)

Step Off the Car (or Train or Automobile) in the Proper Manner:

(1) Wait until it has stopped moving.

(2) If you get off the *right* side first, step off with the *right* foot first.

(3) If you get off the *left* side, step down with the *left* foot first.

(Who will show the class how to get off the car in the proper manner?)

Never Try to Get On a Car, a Train, a Wagon, or an Automobile While It Is Moving:

There are many people who are going around with only one foot or one leg who can tell you why. Can

you guess? NEVER STICK YOUR HEAD OR ARM OUT OF A CAR OR TRAIN. WHY?

The Proper Way to Get Off:

A trolley-car

A train

An automobile

Any others?

Which foot first?

Which foot is still on the step?

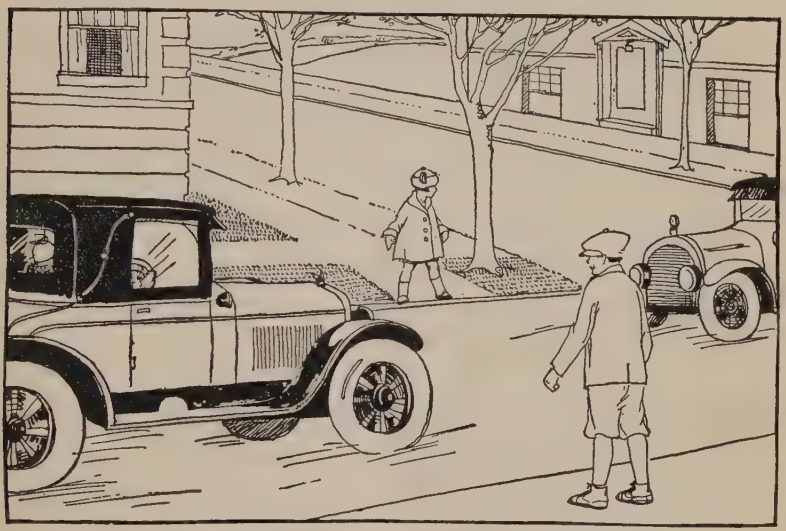
Don't forget to use the hand-rail. Why?

Be Very Careful in Crossing the Street:

Always cross at crossings. The street belongs to the wagon, the automobile, and the trolley car and you have no right to run, walk, or play there. But the crossing belongs to you, and it is the only safe place for you to cross.

As well as you can every time

Where there is a traffic officer or a policeman on duty, always wait for him to give you the signal to cross. Very often he will meet you part way and help you to get over to the other side in safety.



Crossing the Street in Safety

Always cross at crossings. First half of street, look to left. Second half, look to right.

Cross the street carefully. Never run. Take time to look about you. *Always look in the direction from which the traffic is coming.* (What is traffic?) If the traffic comes both ways (both up and

down) on the street, look toward your left for the first half of the trip across and for the last half look toward your right.

Do not try to run across ahead of a trolley car or an automobile. Why?

Never try to cross the street from in back of a wagon or trolley car or automobile. If you do, you may step right in the way of another car or automobile on the other side, and the driver or motorman could not see you, in time to stop. Many boys and girls have been run over in this way.

(Who will show the class how to cross the street in the proper manner?)

Try to Remember—Try to Practice

1. Do not get off or on a car while it is moving.
2. Never stick your head or arm out of a train or trolley car.
3. Always cross at crossing. Look about you carefully.
4. Do not try to run across in front of a trolley car or automobile.
5. Do not cross from in back of a wagon or trolley car.

To-morrow may be "too late" to begin

SAFETY FIRST AT SCHOOL

Do Not Run or Walk with a Pencil or Penholder in Your Mouth:

Someone is likely to bump into you, or you are likely to bump into him, and the pencil or penholder will either injure you, or the face or eyes of the other pupil. Most boys and girls know that they should not put a pencil into their mouth at any time, but a few are apt to do it anyway, and sometimes there is an accident. Do you know of anyone who has been hurt in this way?

Do Not Throw—Either in School or in the School-Yard:

Where there are so many boys and girls together, there is always the danger that anything thrown will hit some one in the eye. The corner of a book or the sharp edge of a crust of bread might possibly cause the loss of sight in one eye. A hard ball should not be thrown in the schoolyard, and even a soft rubber ball should be thrown with care, and not too hard. Do you know of anyone who has been hurt in this way?

No exceptions

Place Fruit Skins in the Garbage Can:

If you have an orange or a banana for your school lunch, be sure, when you peel it, that you put the skins into the garbage can, or whatever else may be provided for them. Do not throw them on the ground, or on the pavement, as other pupils who are playing may slip and fall, and perhaps break an arm. Many bad falls have been caused by slipping on the skins of oranges or bananas. Do you know of anyone who has been hurt by such a fall?

Avoid Rough Play:

If the school yard is small (and most schoolyards are too small), it is crowded at recess time and before school. When the yard is crowded, it is dangerous for you and for others to run. Very often large boys running hard knock down little children, and hurt them badly. This is a careless and mean thing, because older boys should be thinking of the safety of the small children, and should be helping them, rather than hurting them. Never use a "bat" (or a piece of wood for a bat) in a crowded schoolyard. It is likely to slip and hit someone. Do you know of anyone who has been hurt in this way?

Never miss a chance to practice

Do Not Run in the Hall:

In large school buildings, such as one finds in the city, a few boys or girls, perhaps in a hurry, sometimes run in the hall. Quite a few bad bumps and falls are caused by two pupils running into each other—as, for example, two pupils running into each other going around a corner from different directions. Sometimes a pupil who is running bumps into another pupil with a pencil or pen in his mouth. Then what may happen?

Obey Your Safety Patrol:

Many schools have committees or "patrols" or older boys who look after the safety of the smaller children in crossing the streets or roads near the school house. This prevents many accidents. Even large boys and girls should obey the Safety Patrol as it sets a good example to the smaller children. It helps the Safety Patrol, too, because the less they have to worry about the older children, the more time and care they can give to the smaller ones. In some schools, even the teachers and the principals obey the Safety Patrol in crossing the street. Does your school have a Safety Patrol? Does it need one? If

it does, why not get your teacher or your principal to help to form one?

Obey Your Safety Patrol

Older pupils and grown-ups should help the safety-patrol boy, too. It sets a good example to the little ones.

Never Break the Rules in a Fire Drill:

Always do your very best in a fire drill, just as if it were a real fire. Remember:

Absolute silence. (Why?)

No pushing or crowding (Why?)

Always the same way—the right way

Eyes to the front. (Why?)
Watch your teacher. (Why?)

Try to Remember—Try to Practice

1. Do not run or walk with a pencil in your mouth.
2. Do not throw books, chalk, or other objects.
3. Do not throw a hard ball or use a bat in the schoolyard.
4. Place fruit skins into the garbage can.
5. Avoid rough play. Do not run hard in a crowded yard.
6. Do not run in the hall.
7. Obey the Safety Patrol; set a good example.
8. Do your best in every fire drill:
   Absolute silence
   No pushing or crowding
   Eyes to the front
   Watch the teacher

SAFETY FIRST AT PLAY

Do Not "Steal" Rides:

Stealing a ride is cheating. Not only is it dishonest, but it is also very dangerous. Very often boys who are stealing a ride (sometimes boys call it "hopping") on the back of a wagon or truck or trolley car jump off or fall off and are run over by a ma-

chine or trolley in back of them. Stealing a ride is against the law in most places. Sometimes boys are arrested for stealing rides on freight cars or playing around them on railroad sidings or in railroad yards. Playing in such places is very dangerous, too, even when the train of cars is not moving. Very often they start suddenly and cut off arms or legs. It is better to be safe than to be sorry all the rest of your life. I recently saw the photograph of a little fellow who had had one of his legs cut off when he was playing around a freight car. What do you think he would say to boys who like to steal rides?

Do Not Roller-Skate in Busy Streets:

Stay on the sidewalk or pavement. When roller-skating, be sure not to catch hold of wagons or trolley cars (some boys call it "getting a hitch"). Why is this dangerous?

Do Not Skate on Thin Ice:

In the winter time, when you go ice skating, be sure to keep away from danger spots marked by red flags or red lanterns. If there are no police or guards to mark the "danger spots" where you skate, be sure that you do not go on the ice *unless some older person*

Some are in the hospital now

whose judgment you know you can trust, says it is safe to do so. Even so do not go far out, but stay "with the crowd". Then if the ice should break there will be someone close at hand to help you. For that reason it is dangerous to skate alone. If there are not many others skating, it will be better for you to stay close to shore where the ice is stronger and the water not so deep.

Do Not Play in Dangerous Places:

Stay away from deep water if you cannot swim. Do not go into a boat or a canoe without some older persons along who can swim. Do not play in high places where it is possible for you to fall a great distance. Do not play in unfinished buildings or on high scaffoldings. (What is a scaffold? Why is it dangerous to play in the street?)

Be Careful in Handling Fire-Crackers or Fire-Works:

Every year, on the Fourth of July, thousands of boys and girls are badly burned by carelessness in the handling of fire-crackers or fire-works. Do not throw fire-crackers at other boys or girls to scare them. They may explode in their faces, or else set fire to

their clothing. Do not bend over fire-crackers to see if they are lit. They may explode in your face, and injure your eyes. Do not hold fire-crackers in your hand, a small one may give you a very painful burn, while a large one might blow off a finger. Small cannons that load with powder are very dangerous. Do not go near one or have anything to do with it. They cause terrible explosions sometimes, often blowing off fingers or putting out eyes. Do not play with real guns or pistols. Each year some boys kill other boys and girls when playing with fire-arms. Let them alone. Do not play with anyone who uses them to play with. Run away from them.

Do Not Play with Strange Dogs (or Dogs that You Know Are Dangerous):

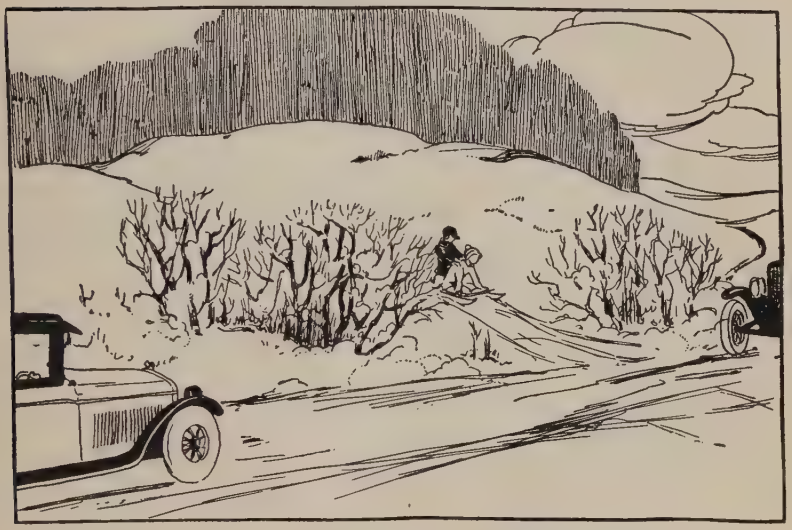
Do not even try to pet a strange dog—some dogs cannot be trusted and will bite at the slightest excuse. Remember, too, that it is not wise to tease any dog, whether you know it or not, as animals cannot talk and they do not always growl before they bite.

Do Not "Coast" Down a Dangerous Hill:

A dangerous hill is one that is crossed by a road or street used by wagons, automobiles, or trolley cars.

It is particularly dangerous if the crossing is "hidden"—that is, a crossing where one road or street is hidden from the view of the other so that you cannot

A Hidden Crossing



What is coming down the other road?

Will they see each other? What will happen? How could this have been prevented?

see danger approaching. Every year many children are killed or injured when their sleds take them down

hill and under the wheels of trolley cars or automobiles.

Try to Remember—Try to Practice

1. Do not "steal" rides.
2. Do not roller-skate on busy streets.
3. Do not skate on thin ice.
4. Do not coast down dangerous hills.
5. Use care in handling fire-crackers or fire-works.
6. Do not play with fire-arms.
7. Do not play in dangerous places.

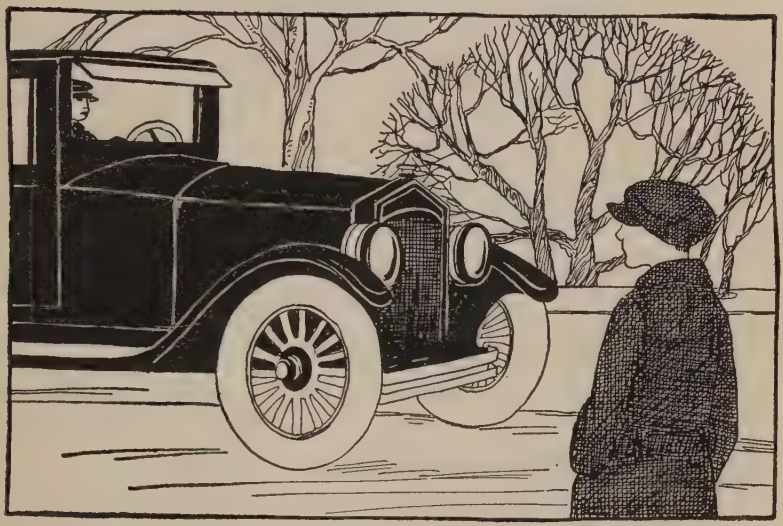
SAFETY FIRST IN THE COUNTRY

Walk "Against" the Traffic, When It is Necessary to Walk in the Road:

Very often, in country districts when there are no paths along the side of the road, it is necessary for those who are walking to walk on one side of the road itself. The safest side of the road to walk on is the side on which you will be facing an automobile that is using the same side of the road that you are on. Another way to remember this, is to remember to keep *to your left* instead of keeping to the right as we generally do. If you keep to the left-hand side of the road, you will always be facing any wagon or

automobile that is coming along on your side of the road. This is a good rule to follow in cities or towns, too, where the side-walk or pavement may be under

Walking Against Traffic



This the safest way when there is no side-walk. When walking in the road, walk on the left side.

repair or blocked in some way, so that it is necessary to walk in the street for some distance. It is a particularly good rule to follow in walking along a poorly lighted road or street at night.

Good habits protect us

Beware of the Railroad Crossing:

Be sure to "stop, look, and listen" before getting on the tracks. Stopping to look *after* you get on the tracks may be too late to save you. Do not walk up or down a railroad track if it can be avoided. It is property that belongs to the railroad company, and you have no business there. If, in a very unusual situation, you should be forced to walk the tracks, walk on the left-hand side, so that you will face trains coming toward you. Beware of switches or "frogs". Many people have had their feet caught in them and have been held there and run over before they could get their feet loose. (Of course, these warnings also apply to those who live in the city near a railroad.)

Beware of Dangers in the Barn:

In particular, be careful about walking in the rear of horses, whether they are in their stalls or not. Some horses are not to be trusted, and a kick from a horse may cause serious injury. Be careful, too, of dangerous play in the hay loft—there is always the danger of a bad fall when climbing around at any height, as on high rafters. (What are rafters?) The prongs of hidden pitch forks are also very dan-

gerous, if one should step or fall on one. Do you know of any one who has been injured in this way?

Use Care in Swimming:

Do not go in swimming just after a meal, or when you are over-heated, as it is likely to give you a

The Current Swept Her Beyond Her Depth

Did you ever read something like that in the newspaper?

Will the life guard save her? How could this have been prevented?

"cramp" from which many people drown when swimming beyond their depth. It is a good thing, also, not to venture out too far—stay within easy

"You never can tell"

reach of shore, so that help can easily reach you in case anything should go wrong. Do not dive into "unknown" water (where you are not sure of the depth, or of the presence of rocks or stumps of trees). A bad bump on the head may knock you unconscious, and cause you to drown.

Do Not Climb to a Great Height in Trees:

Climbing may be hard on the clothes, but it is good exercise, if one is not reckless and does not go too high. The danger in going too high lies in the fact that you may grow dizzy for a moment or two, and lose your balance and fall to the ground. There is also the possibility that your grip may slip or that you grow tired and let go, and so fall. And even if you are strong enough to climb high, there is a chance that a limb of the tree may break, and this would cause a terrible fall if you are very far from the ground. Do you know of any one who has been hurt in this way?

Try to Remember—Try to Practice

1. Walk toward the traffic, when walking in the road.

2. Beware of the railroad:

"Look before you leap"

"Stop, look and listen" at crossings
Keep off the track
Be careful at switches

3. Be careful to keep a safe distance from the rear of horses.

4. Use care in swimming:
Not after a meal
Not when overheated
Not too far out
Not in unknown or dangerous waters

5. Do not climb too high in trees.

SAFETY FIRST AT THE SEASHORE

Stay Away from Strong Currents:

If the tide is very strong, or if the water is very rough, it is well not to go too far out unless an older person is with you. Even if you are swimming in shallow water, you may be carried into deep water before you know it. If the current is quite strong stay close to shore, or stay close to where the other people are. You are generally safe where there are a number of people about you.

It may be "your turn" next

Do Not Throw Sand:

Sand in the eye is unpleasant and sand in the ear is very dangerous (see Care of the Ear, Page 294). Do not permit sand to get into your own ear, and do not, therefore, throw sand at others—or so cover them with sand in play that it is likely to get into their ears.

Do Not Get Too Much Sunburn:

The danger here lies in the fact that your skin may be very tender and so "burns" and becomes red and

Too Much of a Good Thing

"Ouch, my sunburn!" he is saying. What has he done? Why was that not wise? What should he have done? What should he do now?

Good habits save us pain

sore very easily. If the skin is accustomed to a strong sun, there is not much danger of becoming badly "sunburned" (feels just like a burn, doesn't it?). Those who are troubled most are those who are not used to a strong sun, especially on those parts of the body, like the arms and legs, that are usually covered by clothing. This skin is generally very pale and white, and if given too much strong sun for a day or two, it will become very sore. It is better to protect the skin somewhat for the first few days by not staying in the sun for too long, or else by covering the arms and legs with a robe or sweater while lying on the beach. Some people use talcum on their arms and legs to protect them from the sun, although this protection is not as good as the others that have been named. (Do you know of any other good ways of protecting yourself from sun-burn?)

Try to Remember—Try to Practice

1. Stay in shallow water if the current is strong or the water rough.

2. Always stay close to older people.

3. Be careful not to get sand into the ears.

Bad habits are expensive

4. Do not get too much sunburn:
   Do not stay in the sun too long
   Cover the arms or legs
   Become accustomed to the strong sun gradually.

SOME OTHER POINTS ON SAFETY FIRST

Do Not Touch a Broken Wire:

It may be a "live" wire, that is, a wire that has electricity flowing through it, and which does not have a protecting cover of rubber. Such wires are dangerous, and you should let all wires strictly alone. Notify a policeman or someone in authority, but do not touch them yourself. Do not climb up a pole that has electrical wires attached to it. There are often "live" wires attached to these poles, and many children in climbing poles have been shocked and killed by such wires.

Let Cigarette Stumps Alone:

Some boys have been known to pick up the unused ends of cigarettes and smoke them. This is a filthy thing to do, because the person who first had that cigarette in his mouth may have had a terrible dis-

Avoid dangerous companions

ease of some sort, and the boy who puts the "stump" into his mouth puts the disease into his mouth at the same time. Boys who do this sort of thing cannot realize what terrible chances they are taking, or they would let them alone.

Do Not Run with a Taffy-Stick in Your Mouth:

The danger in doing this ought to be very plain. Who can explain to the class just why this is a dangerous thing to do?

Do Not Put Money (Coins) Into Your Mouth:

There are two ways in which such a bad habit may harm you—disease germs are sometimes passed from one person to another on money. In addition, there is always the possibility that the coins may slip back in your throat and choke you. Remember, it is dangerous to put any foreign substance into your mouth. Keep all small objects away from the baby. (Why?)

Try to Remember—Try to Practice

1. Do not touch broken wires.
2. Do not gather cigarette "stumps".
3. Do not run with a taffy-stick in your mouth.
4. Do not put money into your mouth.

Good habits save doctor bills

TOBACCO

Do Not Use Tobacco in Any Form:

About the only reason why children ever smoke tobacco is to imitate grown-up folks. They do not realize that there is such a great difference between the bodies of grown-up folks and those of children. Children have not yet stopped growing, while the older people do have their full growth. You should wait until you are full grown before starting such a habit. Wait until you *are* a man before trying to act like one. After you have grown up, follow the example set by the finest men you know. Many fine men never smoke. Here are some good reasons why you should not start this habit:

Health:

Tobacco does no one any good. It does some people a great deal of harm. It does not injure a full-grown man nearly so much as it does a growing boy. The use of tobacco may injure a strong man very little (if he does not smoke too much) but a growing boy may wreck his whole life by starting such a habit. It will hurt him in many ways—heart, lungs, nerves, digestion, eyes, and throat. The tobacco habit

"grows" on most people, that is, it gets worse,—they smoke more and more, until they are smoking nearly all the time. *Bad habits are hard to stop,* do not start them.

Character:

The boy who smokes is nearly always deceiving his parents. When you deceive others in this way, you lose respect for the most valuable thing in the world —your own good character.

Work:

It is probable that smoking interferes somewhat with good work. Some employers prefer to hire young men who do not smoke or drink. Think twice before starting a habit that may cost you a good job.

Safety:

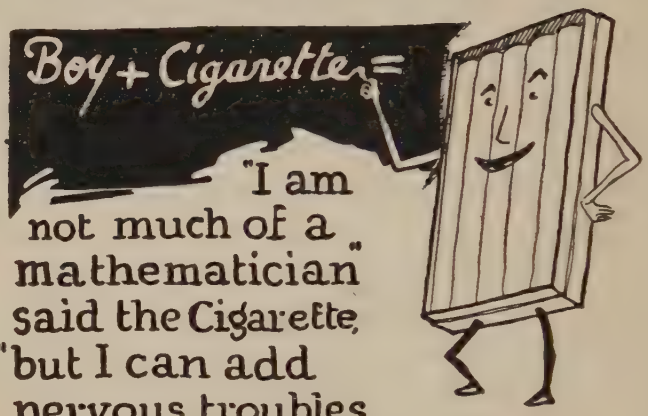
Smokers, without meaning to do so, often start fires in which lives are lost (sometimes their own) and in which much very valuable property is destroyed.

Courtesy:

Smokers often have a very unpleasant tobacco smell about them. This is disgusting to many people.

Tobacco wastes good money

A New Arithmetic



"I am not much of a mathematician" said the Cigarette, "but I can add nervous troubles to a boy, I can subtract from his physical energy, I can multiply his aches and pains, I can divide his mental powers, I can take interest from his work and discount his chances for success."

Leave tobacco alone and so—

Smoking around the house also makes a lot of extra work for others in the matter of cleaning up. Spitting is not nice, and often is a vile habit as practiced by some who chew and smoke tobacco.

Money:

It wastes good money. Think of all the good money spent on tobacco, that could be spent on something more worth while—clothes, gifts, vacations, education, books, and out-door sport.

Try to Remember—Try to Practice

1. Do not start to use tobacco before you are full-grown.

2. The use of tobacco is a bad habit from the following points of view:

1. Health
2. Character
3. Work
4. Safety
5. Courtesy
6. Money.

ALCOHOLIC DRINKS

Do Not Drink Beer, Wine, or Other Alcoholic Drinks:

It is necessary to warn children—especially those of foreign parents—of the danger of drinking beer,

"All the umpires together haven't put as many ballplayers out of the game as has 'Ole Man Booze.'"

CONNIE MACK.

Who is Connie Mack? Why is his opinion valuable? In what other occupations could "booze" put a man "out"—"out" of a job?

Bad habits are hard to stop

wine, and other "alcoholic" liquors. Such drinks are not good for children, even in small quantities. (Milk is much better.) But since the Eighteenth Amendment has been passed the making of, or the sale of, such drinks has been stopped. Many who break the law sometimes do this. The words "boot-leg" for such liquor and "boot-legger" for those who sell it have arisen from this law-breaking business.

It is a good thing to remember that such men often use coloring matter and a poisonous kind of alcohol to make their liquor. Many people have been killed and others blinded for life by drinking such stuff. Everyone should remember, about any alcoholic liquor these days:

1. To make it, or sell it, is against the law.
2. It may be poison. It may kill or "blind for life."

CONTAGIOUS DISEASES

What is a "contagious" disease? One that is easily "caught" or carried from one person to another. "Pink eye", measles, chicken-pox, mumps, scarlet fever, whooping cough, colds, diphtheria, and small-pox are some of the common contagious diseases.

What is an "inoculation"?

In other parts of this book, we have already discussed the danger of catching a disease, from many points of view. Turn back over the pages of this book and make a list of the health rules in each chapter that mention (or have to do with) the danger of catching a disease. You will find a great many indeed. But here are several extra suggestions that have not yet been talked about:

Keep Away from Those Who Have a Contagious Disease:

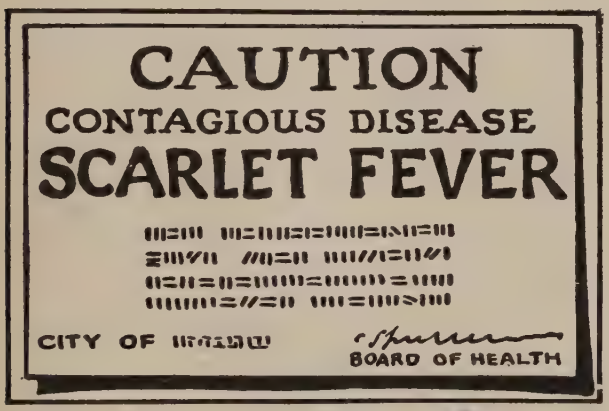
Where you know of someone who has measles, chicken-pox, mumps, or perhaps some more serious disease, stay away from him until he is cured. Do not play with him until he is quite well. Some of these diseases are caught most easily just when the sick child is getting better and does not seem sick or feel sick at all.

Kissing sick people or those who have been sick is dangerous. The mouth and throat are perfect homes for germs—dark, moist, and warm. Many people who are not sick themselves carry disease germs in their mouths and throats. When you kiss someone, the disease germs may move to a new home in your mouth. For this reason it is a bad thing to per-

mit many people to "kiss the baby". The baby is likely to catch disease germs from someone who may not seem sick at all.

Obey the Warning Sign:

Whenever there is a contagious disease in a home, the Board of Health or the health officer puts up a red or yellow sign on the door, warning people away. Stay away from such houses, and from people who have been in them, until the sign is taken down. If



Obey This Sign

the sign is on your own home, of course, you must be fair and stay away from others until the sign is removed.

and enjoy to-morrow

Keep Away from a Crowd:

When there is a great deal of pink-eye (or whooping cough, or measles or diphtheria) around do not go to the movies or any other place where there are a great many people, *in-doors.* Diseases are often carried from one house to the movies, and passed on (in the impure air) to some one else. Poorly ventilated and crowded trains or trolley-cars are dangerous for this reason also.

Be Fair to Others:

If you have the measles or the mumps or some other contagious disease, have a doctor and stay away from other children until you are cured, when there will be no danger of their catching the disease from you. Is it fair to send home from school boys and girls who seem to have a contagious disease? Why?

Try to Remember—Try to Practice

1. Keep away from those who have a contagious disease.
2. Obey the warning sign.
3. Crowds are dangerous when contagious diseases are around.
4. Be fair to others.

Disease is expensive—avoid it

SAFETY FIRST FOR BABY

Keep Baby Away from the Fire or the Lamp—or Fire of Any Kind:

Sparks and hot coals often fly out of the fire. Coal fires sometimes explode, and put out babies' eyes. Babies may upset a lamp or an oil stove if near it. Be sure the baby does not get to the match box. (Why?)

Give Baby Safe Objects to Play With:

Small playthings are dangerous. The baby likes

Why are these good toys for baby?

Can you name some others?

Can you name some that are not safe for baby's play?

So helpless! Take good care of him

to put things into his mouth, and there is always the danger of his swallowing them, or choking on them. Pointed or sharp playthings are dangerous, too. (Why?)

Make sure that all of baby's playthings are clean. Dirt or disease germs may make baby sick.

Keep Medicine Bottles or Poisons Out of Baby's Reach:

He may pull the cork out, or get the cap off. This is especially dangerous in the matter of anything poisonous (pills or powders). The newspapers today tell the story of a baby who put his hands into a package of paris green (used to kill bugs) when the father was not looking. Then the baby put his hands into his mouth. Result: Baby died in the hospital in spite of everything that could be done to save him.

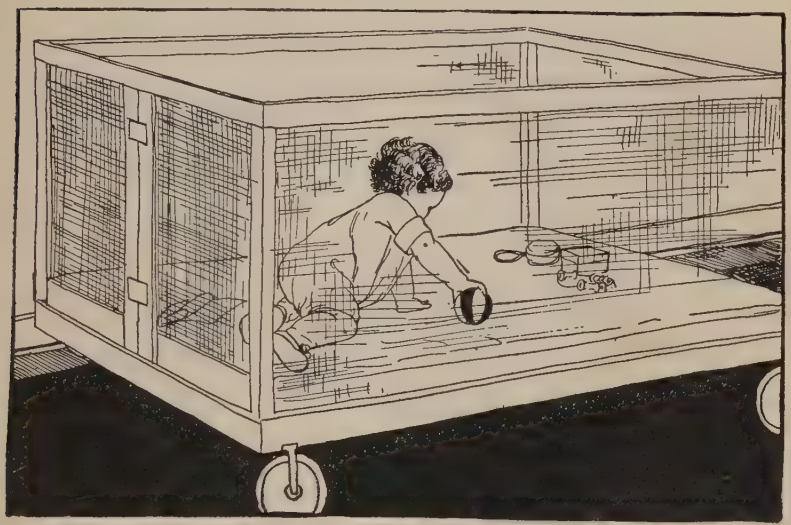
Put Baby into a Safe Place:

1. Not on a bed where he can roll off.
2. Not near steps where he can fall down.
3. Not in a swing where he can fall out.

So helpless! Be good to her

BUT

4. In a place where he can be seen or watched from time to time.



Examine this picture closely. How many different reasons can you see that show this "play-pen" is a better place for baby than the floor?

5. If on the floor—on a blanket, or sheet—out of a draft, or in a "play-pen" made for that purpose.

6. Strapped or tied in a chair or swing that will not upset.

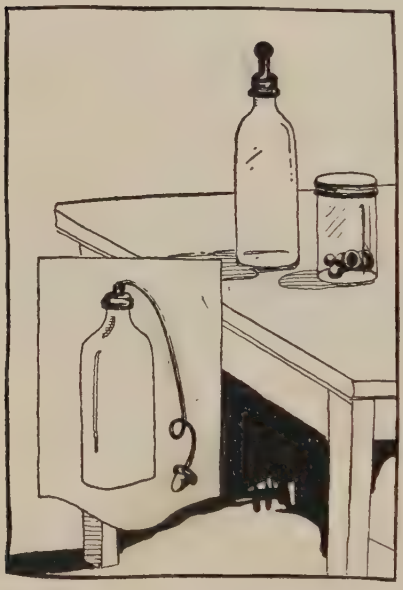
Think—for the baby

7. In the sunshine, if possible, in winter.

In the cool shade, if possible, in summer. Always be sure that there is no strong "glare" in baby's eyes.

Protect Baby from Disease Germs:

1. Do not let baby play on the floor unless you first put down a blanket, a sheet, or a quilt for him to play



Which of these bottles is better for baby's health? Who can tell why? What should be done with the nipples after they have been used?

on. Disease germs are on the street and pavement and are tracked right into the house and on the floor.

Help as much as you can

2. Bottles and nipples should be boiled to destroy any disease germs that may be on them. Water should be boiled and the milk, too, unless you are sure it is pure (like certified milk). Milk not bought in bottles is very unsafe. (Why?)

3. Do not allow everyone to kiss the baby. There are sure to be some people who are carrying disease germs about with them. The fewer people who kiss the baby, the safer.

4. Animals (pets) often carry disease germs from one house to another, or from one person to another. It is not wise to let the baby touch strange dogs or cats, or to pat or stroke any dog or cat unless you know it is clean (and "good natured").

Try to Remember—Try to Practice

1. Keep baby away from the fire, and matches.
2. Give baby only safe things to play with:
   No small objects
   Nothing sharp or pointed
   Only clean playthings
3. Keep medicines and poisons out of baby's reach.
4. Put baby into a safe place.

Health brings happiness

5. Protect baby from disease germs:
   Floors and carpets have disease germs
   Bottles, nipples, water (and often milk) should be boiled
   Kissing is dangerous
   Pets sometimes carry disease germs
   (Do not get too close to them, or handle them too much.)

Health! Happiness! Success!
to YOU

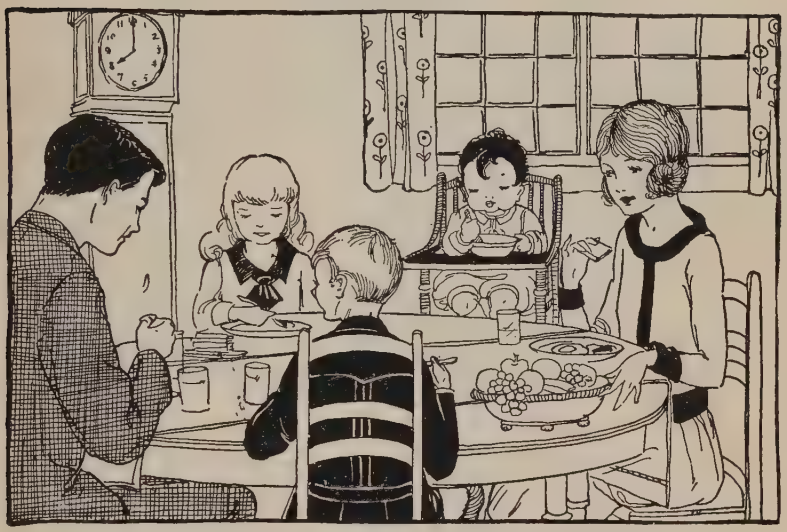
CHAPTER XVI

Useful Information

Daily Program for the School Child

(6 to 12 Years of Age)

FORENOON



A good wash on arising.

A good breakfast (includes a well-cooked cereal).

A natural movement of the bowels every morning.

A mid-morning lunch of milk and crackers.

A warm, nourishing lunch at noon.

(Never drink unsterilized milk or cream. In their raw condition both are often infected and may cause disease. Raw milk is also harder to digest than pasteurized, scalded, or boiled milk.)

A mid-afternoon lunch of milk and crackers; or a bread and butter sandwich with an apple or orange. (Nothing sweet.)*

A half hour's rest, lying quietly.*

Out door play in fresh air and sunshine. (Safety-first at all times).

A dinner (evening meal) which includes green vegetables.

---

*Especially recommended for under-weight children.

A visit to the toilet before going to bed.

A good wash—(clean teeth).

Fresh night clothes.

Well-ventilated bedroom.

Well covered, but not too warm.

Go to bed early enough—so that you will awake in the morning without being called.

Be cheerful. Fresh air at all times.

A quart of pasteurized milk daily. (For children over 6 years of age.)

Eat plenty of fruits and vegetables (especially leafy vegetables).

Eat slowly. Wash before meals. Clean teeth after meals.

Drink water freely—but no tea or coffee.

Eat no candy between meals—only immediately after meals.

Carry out this program daily, including Sundays and Holidays.

If you have any "defects"—especially of the teeth, eyes, nose, or throat—have them corrected at once.

The School Doctor and the School Nurse

Many schools, especially those in cities, have school doctors and school nurses to help the boys and girls, and to make friendly suggestions to improve their health.

Remember, they are your good friends—they are trying to help you.

Generally they give a medical examination to each boy and girl at least once a year. If they find anything about you that needs attention, anything that should be fixed, have it attended to right away.

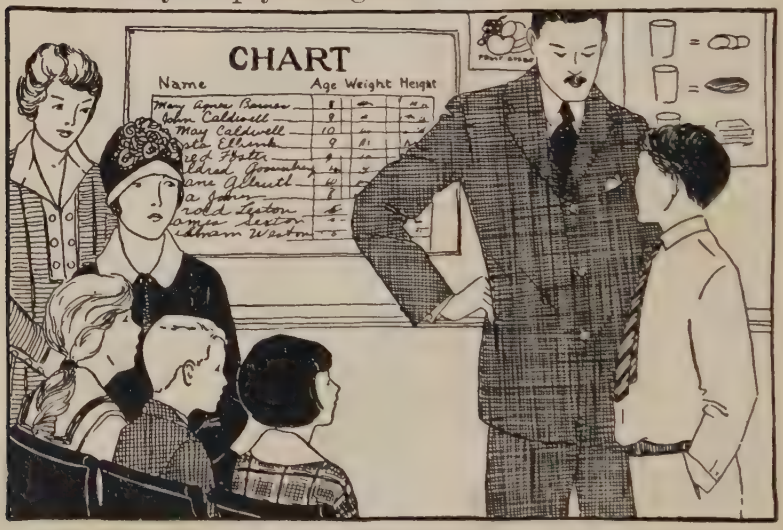
Remember—two of your good friends—the school doctor and the school nurse.

The Nutrition Class

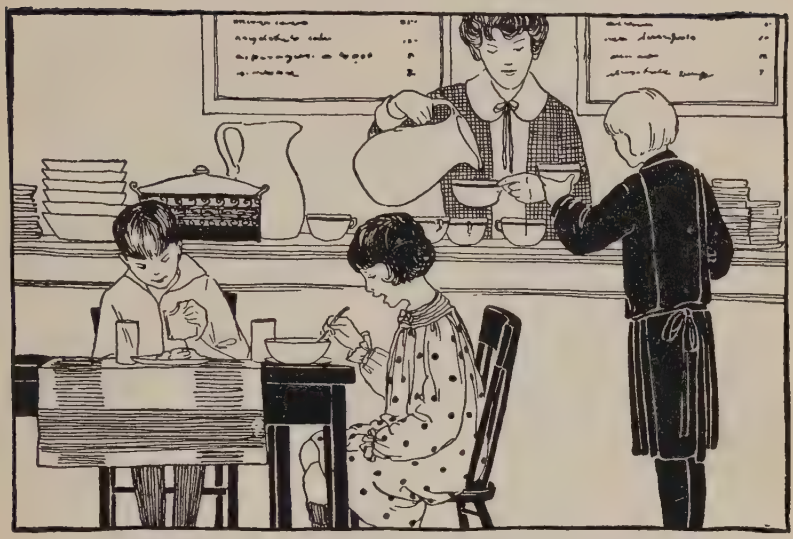
The nutrition class is a small group of children who are either much underweight or much overweight for their age. They meet once a week in the school building. Generally the school nurse takes charge of the nutrition class, but in many places the doctor, or a teacher takes charge.

The object of the nutrition class is to give special attention to the boys and girls—helping those who are underweight to gain more weight, and those who are overweight to lose some of their extra weight. Special talks are given on health rules and foods. Mothers and other visitors from home are always welcome, and it is a fine thing for them to attend this weekly meeting.

If you are much overweight or underweight, be sure to get into the nutrition class, if your school has one. It may help you a great deal.



The School Lunch



If your school has a school lunch counter, be sure to use it. There you will get the best of food to keep you strong and healthy. Name some of the good foods that you can buy at your school lunch. If your school has no lunch counter, how can it get one?

A Quart of Tooth Powder for a Quarter!

"If you secure a clean, dry Mason jar, quart size, nearly any druggist will put up the following formula for a tooth powder, for 25 cents. Do not use it immediately but shake it thoroughly, now and then, for the first twenty-four hours. This will mix the powders and permit the oils to have sufficient time to permeate all of the ingredients.

"When using, place some of the powder in a small, wide mouth bottle and then shake some of the powder onto the tooth brush that has previously been thoroughly wet. Keep the bottle and the Mason jar tightly closed.

"Formula for Tooth Powder

Finest grade English precipitated chalk.	½ pound
Powdered Castile soap	1¾ ounces
Light carbonate of magnesia	1/3 ounce
Oil of clove	46 drops
Oil of wintergreen	35 drops
Oil of sassafras	35 drops
Oil of peppermint	18 drops
Saccharine—finely powdered	4 grs."

Extract from directions on Care of the Teeth, issued by City Board of Health, Bridgeport, Connecticut.

How to Make Lime Water

(For use as a tooth wash)

Five cents worth of coarse, unslaked lime, such as the masons use for coarse plaster, will keep a whole family supplied with the best kind of a mouth wash for a whole year. The refined lime that the druggist sells does not seem to have the same solvent action. Perhaps the refining process robs it of some of its virtues.

Secure from a paint store a lump of coarse lime and crush it into a fine powder. Place a half cupful into an empty quart bottle and fill nearly full with cold water. Thoroughly shake and then allow the lime to settle to the bottom of the bottle, which will take several hours. After it has settled pour down the sink as much of the clear water as you can without losing any of the lime, as this first mixing contains the washing of the lime. Again fill with cold water, shake well, and allow it again to settle.

Into an empty twelve ounce bottle pour the clear lime water, taking care not to stir up the lime in the bottom of the bottle; now place the quart bottle under the faucet and fill with cold water, shake thoroughly, and set it aside to use when the smaller bottle becomes empty. This process may be repeated until the half cup of lime has made five or six quarts of mouth wash.

The twelve ounce bottle is used as it is more easily handled at the wash bowl. After brushing and flossing the teeth, pour out a little of the lime water into a glass, and taking it into the mouth, force it back and forth between the teeth with the tongue and cheeks

until it foams. If you rinse it long enough to make it foam it has then been in the mouth long enough to have a beneficial action on the teeth. After spitting it out rinse the mouth with clear water to take away the taste of the lime. If the lime water is a little strong at first, dilute it with clear water in the small bottle, half and half. It should be used clear and full strength as soon as the gums become hard and healthy from brushing.

Extract from directions on Care of the Teeth, issued by City Board of Health, Bridgeport, Connecticut.

Setting-Up Exercises

It is believed by experts in the field of physical education that the best results are obtained from setting-up exercises when they are prescribed by an expert, and are varied to suit the age and physical condition of each individual. For schools where that is possible, the following exercises will not be necessary. For schools where such advice is not possible, the following setting-up exercises have been arranged to meet the needs of normal children in each grade.

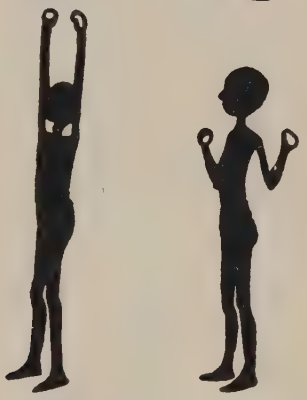
(Grades 4, 5, and 6)

(Compiled and arranged by Mr. D. Willard Zahn, B. A., Principal, James Lynd Public School, Formerly Instructor in Physical Training, Philadelphia Normal School, Philadelphia, Pennsylvania)

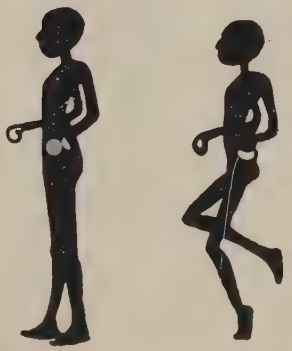
NOTE: The number of times each exercise is to be performed is optional with the teacher, as this element should vary with the particular needs or the given conditions in any class. For the guidance of the teacher, however, a rough indication of the number of repetitions is made at the end of each exercise.

EXERCISES

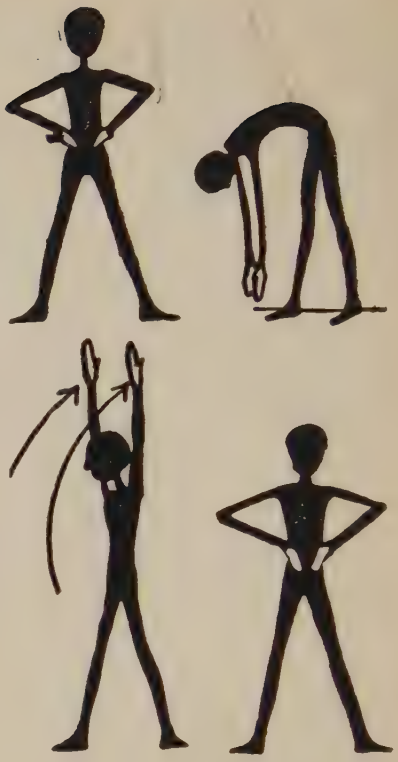
CIRCULATION EXERCISES: (a) Arms: Arms to thrust — Bend! Thrust arms sideward-1; Return-2; Upward-3; Return-4. (Complete movement about 4 times.)



(b) Legs: Hands on Hips, Place! Alternately and quickly raise left and right knee forward, 1, 2; 1, 2; etc. (Complete movement about 10 times.)



TRUNK EXERCISES: (a) Front-Back; P l a c e hands on hips and to a side stride-Jump! Bend t r u n k fore-downward and straighten a r m s downward-1, straighten trunk and swing arms fore-upward-2, P l a c e hands on hips-3. (Complete movement about 4 times.)



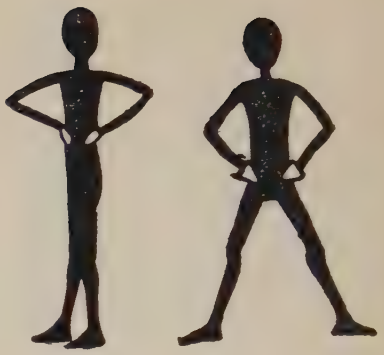
(b) Sideward: (Remain in side stride.) Place hands on shoulders and bend trunk left-1, Bend trunk to the right-2. Continue this s w a y i n g movement through count of 8. On count of 9 straighten trunk and replace hands on hips.

Position (feet together)-Jump!

BALANCE EXERCISES: (Keep hands on hips.) Straighten left leg backward-1, Return-2; Right leg-3, Return-4.

(About 4 complete movements.)

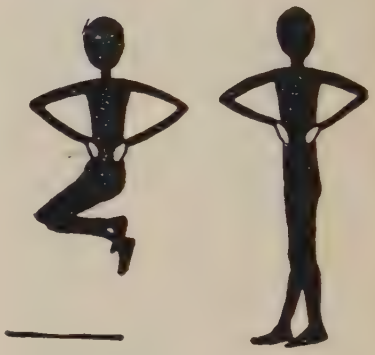
JUMPING EXERCISES:
(a) Hands on hips-Place! Jump to side stride-1, Return-2.



(or)

(b) Hands on hips-Place! *In Place*-Jump, 1, 2; 1, 2; etc.

(Either jump about 8 counts.)

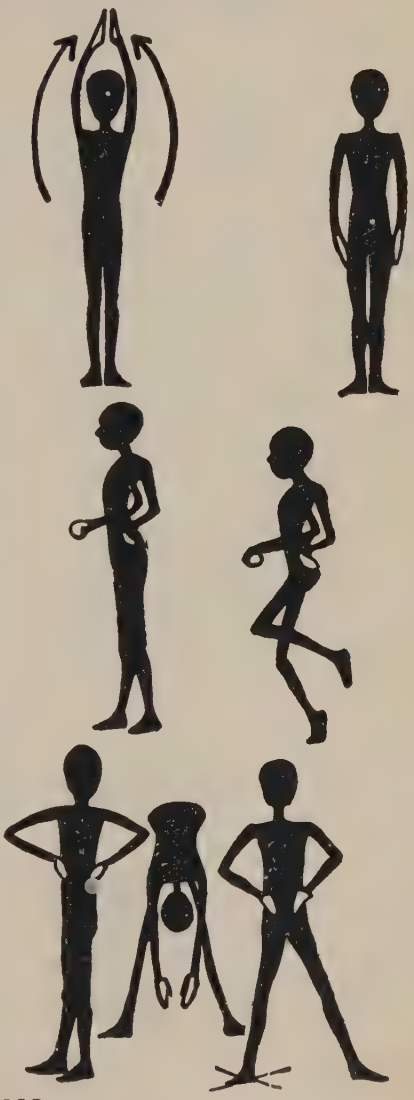


Exercises

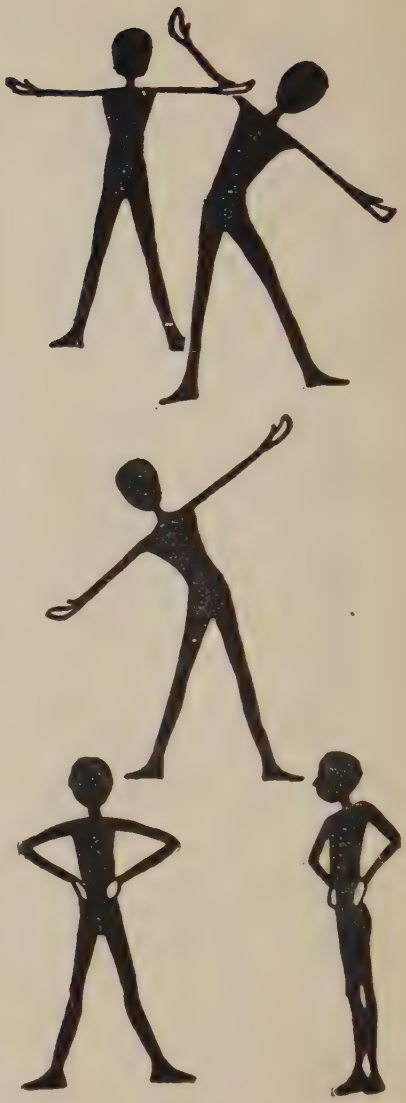
CIRCULATION EXERCISES: (a) Arms: Raise arms side upward, clapping hands over head-1, Return striking thighs-2. (About 8 times.)

(b) Legs: Arms for running-Bend! *In place*-Run! (Vigorous, and to a definitely established rhythm.) (Count to 30 or 50.)

TRUNK EXERCISES: (a) Front-Back: Hands on hips-Place! Stride left sideward-1, bend trunk fore-downward and straighten arms downward-2; reverse-3, return-4. (In alternation left and right.) (Twice in each direction.)



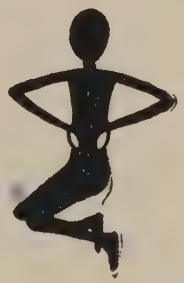
(b) **Sideward:** Straighten arms sideward (palms up), and to a side stride-Jump! Bend trunk left-1, right-2. Continue this swaying movement to count of 8, and straighten trunk swinging hands to hips on count of 9.



Position (feet together)-Jump!

BALANCE EXERCISES: (Hands still on hips): Left leg backward and arms sideward (palms up)-Raise! Lower! Same right-Raise! Lower! (About 4 complete movements.)

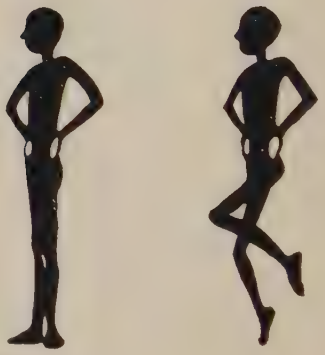
JUMPING EXERCISES: Hands on hips-Place! Jump to side stride-1, return-2. Jump to a side-stride-3, return-4; and 4 jumps in place, 5-6-7-8.



EXERCISES

CIRCULATION EXERCISES: (a) Arms: Arms to thrust-Bend! Thrust arms sideward-1, return-2; upward-3, return-4. (About 6 times.)

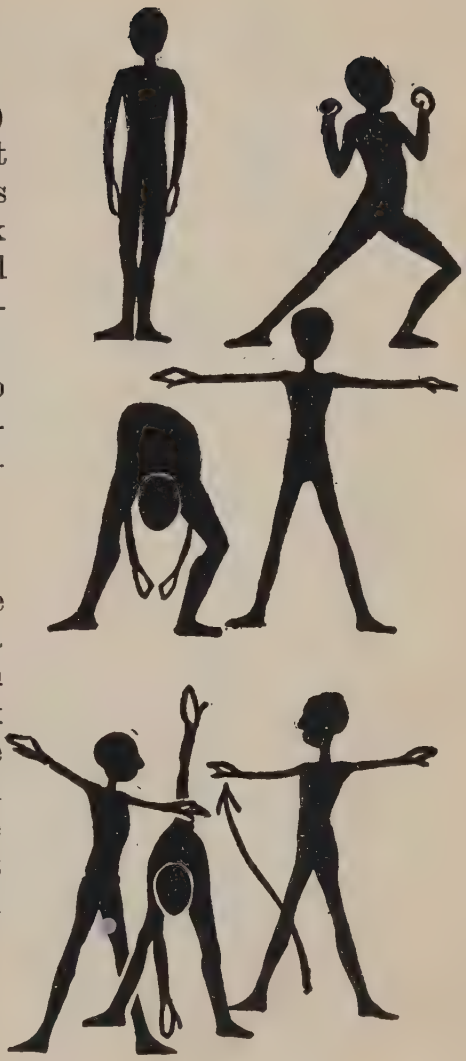
(b) Legs: Arms for running-Bend! In place raising knees high in front-Run! (Count to 50, or to 100.)



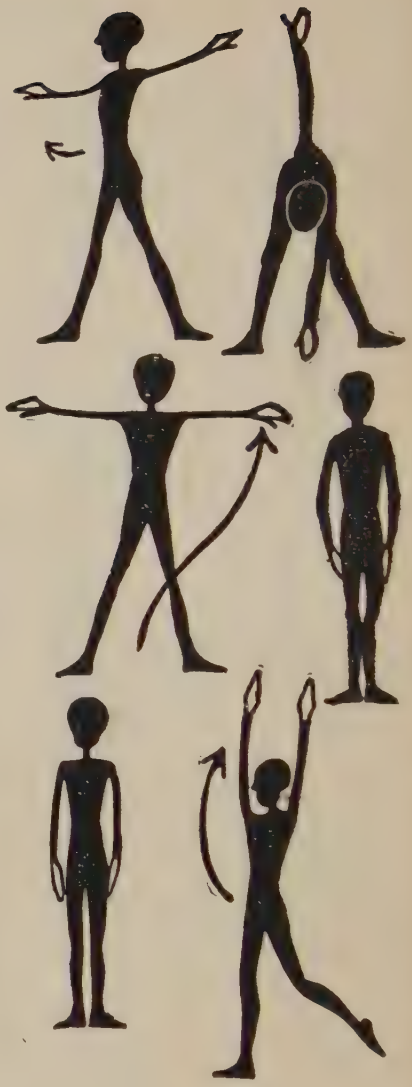
TRUNK EXERCISES: (a) Front-back: Lunge left sideward and bend arms to thrust-1, bend trunk fore-downward and thrust arms downward-2; reverse-3, return-4.

Same exercise to right; (later in alternation). (About four complete movements.)

(b) Sideward: Raise arms sideward and to a side stride-Jump! Turn trunk left-1, bend trunk right sideward-2; raise trunk-3, turn trunk all the way around to the right-4; bend trunk left sideward-5; straighten trunk-6.



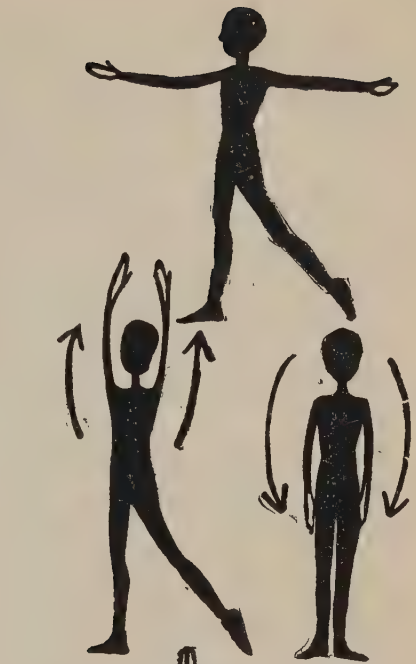
(NOTE: *The first four figures on page 389 are following directions given on page 388).*



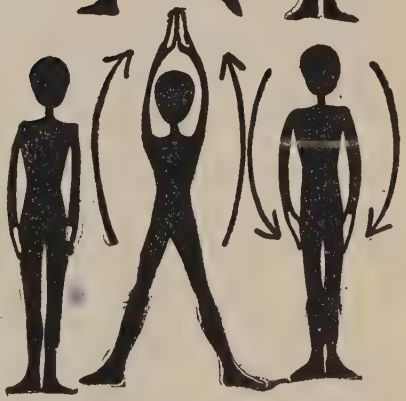
(About three complete movements.) Position (feet together)-Jump!

BALANCE EXERCISES: (Arms at side.) Swing arms fore-upward and raise left leg backward-1, lower arms sideward (palms up)-2; reverse-3, return-4. (About 3 complete movements.)

(NOTE: *The first three figures on page 390 are following directions given on page 389).*



JUMPING EXERCISES: Jump to a side stride and raise arms side upward clapping hands over head-1, return striking thighs-2. (Count of 16.)



HOW FAST CAN YOU RUN?
HOW FAR CAN YOU JUMP OR THROW?

This table shows the average performance, in various sports, for boys and girls at different ages. The lower figures (in parenthesis), in each case, show very good records for the age.

Age Aims in Sports for Boys and Girls*

EVENTS		YEARS 8	9	10	11	12	13	14	15
Running 50 Yards (In seconds and tenths)	GIRLS	9.4	9.2	8.8	8.6	8.4	8.4	8.4	8.2
		(9.0)	(8.8)	(8.4)	(8.2)	(8.0)	(8.0)	(7.8)	(7.6)
	BOYS	9.0	8.8	8.4	8.2	8.0	7.8	7.6	7.4
		(8.8)	(8.6)	(8.2)	(8.0)	(7.6)	(7.6)	(7.2)	(7.0)
Running 60 Yards (In seconds and tenths)	GIRLS	12.6	12.4	11.6	11.0	10.8	10.8	10.8	11.0
		(10.0)	(9.8)	(9.2)	(9.0)	(8.6)	(8.2)	(8.6)	(9.4)
	BOYS	11.8	11.4	10.8	10.4	10.0	9.8	9.4	9.0
		(9.4)	(9.2)	(9.0)	(8.8)	(8.2)	(8.0)	(7.6)	(7.6)
Running 75 Yards (In seconds and tenths)	GIRLS	15.4	14.6	14.2	13.8	13.6	13.4	14.0	14.4
		(12.4)	(11.0)	(10.4)	(10.2)	(10.2)	(10.4)	(11.0)	(11.8)
	BOYS	14.1	13.6	13.2	12.6	12.2	11.8	11.4	11.0
		(11.6)	(10.8)	(9.8)	(9.8)	(9.6)	(8.8)	(8.4)	(8.0)
Running 100 Yards (In seconds and tenths)	GIRLS	19.2	18.6	17.2	16.8	16.6	16.4	16.2	16.2
		(18.0)	(16.8)	(15.8)	(15.6)	(15.6)	(15.4)	(15.4)	(15.2)
	BOYS	19.2	18.6	17.2	16.2	15.4	15.0	14.2	13.4
		(18.0)	(16.8)	(15.8)	(15.2)	(15.0)	(14.4)	(13.6)	(13.0)
Standing Broad Jump (In feet and inches)	GIRLS	3.0	3.1	3.3	3.6	3.8	3.10	4.0	4.1
		(4.4)	(4.6)	(4.9)	(5.0)	(5.3)	(5.6)	(6.0)	(6.0)
	BOYS	3.4	3.8	4.0	4.3	4.6	4.9	5.2	5.5
		(4.4)	(4.10)	(5.4)	(5.10)	(6.3)	(6.6)	(6.10)	(7.4)
Running Broad Jump (In feet and inches)	GIRLS	5.5	5.6	5.10	6.6	7.2	8.0	9.0	9.0
		(6.0)	(6.2)	(6.8)	(7.8)	(8.4)	(9.0)	(10.8)	(11.8)
	BOYS	6.0	6.6	7.0	8.3	9.6	11.4	12.6	13.5
		(6.9)	(7.0)	(7.6)	(9.1)	(10.8)	(12.2)	(13.5)	(14.7)
Triple Standing Broad Jump (In feet and inches)	GIRLS	10.4	10.6	10.10	12.1	12.5	12.9	13.0	13.10
		(12.0)	(12.6)	(14.2)	(14.8)	(15.8)	(17.0)	(17.0)	(17.7)
	BOYS	12.0	12.3	13.0	14.0	14.6	15.1	16.4	18.1
		(14.3)	(14.8)	(15.9)	(16.9)	(18.7)	(19.0)	(20.7)	(22.4)
Running Hop, Step and Jump (In feet and inches)	GIRLS (10 foot start)	9.2	11.6	13.8	14.6	15.5	15.6	16.4	16.6
		(11.0)	(13.9)	(17.0)	(18.8)	(21.4)	(21.0)	(21.2)	(20.0)
	BOYS (unlimited run)	10.0	13.0	16.4	18.0	18.8	19.9	21.7	23.0
		(10.6)	(15.5)	(20.5)	(23.0)	(24.5)	(26.0)	(29.0)	(29.5)
Running High Jump (In feet and inches)	GIRLS	2.2	2.5	2.8	2.9	2.10	3.2	2.11	2.9
		(2.6)	(2.8)	(2.10)	(3.0)	(3.2)	(3.3)	(3.1)	(3.1)
	BOYS	2.2	2.5	2.8	2.11	3.1	3.4	3.6	3.9
		(2.8)	(2.10)	(3.2)	(3.4)	(3.6)	(3.9)	(4.2)	(4.5)
Basket Ball Overhead Far Throw (In feet and inches)	GIRLS	12.2	13.8	15.5	17.7	19.4	21.3	22.2	23.4
		(17.0)	(20.0)	(25.0)	(28.0)	(31.0)	(35.0)	(35.0)	(36.0)
	BOYS	14.4	16.2	18.2	20.3	23.3	24.1	26.7	29.1
		(19.0)	(22.0)	(26.0)	(30.0)	(35.6)	(37.0)	(37.6)	(39.0)
Basket Ball Round Arm Far Throw (In feet and inches)	GIRLS (one step permitted)	15.4	15.1	17.0	19.3	22.2	25.4	27.8	30.0
		(25.0)	(31.0)	(36.0)	(38.0)	(42.0)	(53.0)	(55.0)	(57.0)
	BOYS (one step permitted)	18.5	22.3	25.6	28.7	32.9	36.9	41.5	46.8
		(36.0)	(44.0)	(47.0)	(53.0)	(60.0)	(70.0)	(73.0)	(73.0)
Indoor Base Ball Far Throw (In feet and inches)	GIRLS (unlimited run)	23.0	25.9	30.6	35.0	43.0	48.9	53.0	53.5
		(45.0)	(56.0)	(60.0)	(68.0)	(80.0)	(87.0)	(106.0)	(102.0)
	BOYS (unlimited run)	37.7	47.4	57.2	67.0	77.2	88.0	102.1	108.1
		(71.0)	(86.0)	(104.0)	(113.0)	(120.0)	(141.0)	(151.0)	(187.0

*Courtesy Mr. William A. Stecher, Director of Physical Education, Philadelphia Public Schools.

NOTE: These Age-Aims are in use in the public schools of Philadelphia, and are included merely to show what the boys and girls in that city have done. They are not recommended as standard for those schools or school systems that may have established their own standards. For places where no age-aim standards exist, they may be used for purposes of comparative performance.

Further interesting information regarding physical efficiency tests can be secured from The Playground and Recreation Association of America (New York City).

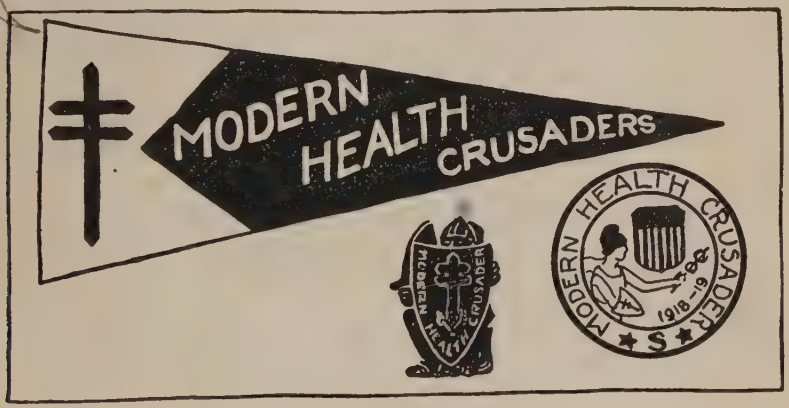
THE MODERN HEALTH CRUSADERS

In the olden days, when a boy went to the court of a king he was generally given some duties to perform. He was called a "page." If he did these duties well, in the course of time he was made a "squire." Finally he was made a "knight"—which was looked upon as a very great honor, indeed. Good knights were supposed to fight against everything bad, or evil. Sometimes they went on a "Crusade," or holy journey, to fight for what they thought was right. Such knights were called "Crusaders." In

those days, nearly every boy longed to grow up, to be a knight, and to go on a Crusade.

Today, thousands of boys and girls all over the country are enlisted in a "Modern Health Crusade." They are fighting against the evils of disease and poor health. When a boy or a girl first joins the "Modern Health Crusade," he is first made a "page" and is given certain health habits or "chores" to perform. ("Chores" is a word meaning easy tasks, or light duties.)

If the page performs his health "chores" faithfully he is made a squire, and finally a knight. Buttons or pins are given to show the various ranks. (More information can be secured from the National Tuberculosis Association, 370 Seventh Ave., New York City, or from the Junior Red Cross in your state, if you are interested in being a Modern Health Crusader.)



The Crusader's Creed:

I believe in my country, and in the good citizenship of its people.

I believe that to support my country I must have Health, Strength and Honor.

I love my country's Flag. To me its bright red stands for bright red blood, which means energy and power, cheerfulness and hope, human kindness and the joy of living. Its pure white stands for clean bodies which house clean minds. Its blue stands for the clear sky, the sunshine, fresh air, play and exercise.

As an American I will be a faithful soldier in the children's army of peace, the Modern Health Crusade.

But remember that while it is a fine thing to be a squire or a knight, the greatest good to you comes from doing the health "chores" each day. A chart showing the health "chores" and how to mark them down each day is shown on pages 396-7. If you do not have the Health Crusade in your school, you can make a chart something like it, and mark down your health habits each day. Sometime you may read, or your teacher may tell you, how that great man, Benjamin Franklin, kept a chart on some of his habits.

DAILY HEALTH CHORES*

1. I washed my hands before each meal today.
2. I brushed my teeth thoroughly.
3. I tried hard to keep fingers and pencils out of my mouth and nose.
4. I carried a clean handkerchief.
5. I drank three glasses of water, but no tea nor coffee.
6. I tried to eat only wholesome food including vegetables and fruit.
7. I drank slowly two glasses of milk.
8. I went to toilet at regular time.
9. I played outdoors or with windows open a half hour.
10. I was in bed eleven or more hours last night, windows open.
11. I had a complete bath on each day of the week that is checked (x).

Form A **Total number each day**

*Borrowed from the National Tuberculosis Association of New York City.

MONTHLY CHART

First Week							Second Week							Third Week							Fourth Week						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

Some Good Games to Play*

Those Marked R Can Be Played in the Classroom

III and V Grades

Potato Race, planting and picking,
Running and Hopping Races,
Third Tag and Run,
Pussy Wants a Corner,
The Beetle is Out,
Fox and Chickens,
Pass the Bean Bag. (Bag Relay)

Ball Games

Play the ball games of the preceding grades with a large gas ball, an indoor baseball, or a basket ball.

Duckstone (with bean bags), (R)

Guess Who? (R)

Throw at a Bell, or through a Hoop, (R)

See also, "Quiet games for warm days."

IV Grade

The games of Grade III may be played.

Day or Night,
Black Man,
Break Through (Bear in the Ring),
Last Pair Run,
Lame Goose,
Catch the Wand (or Spin the Plate), (R)
Girls: Jumping Rope,
Boys: Leap Frog,
Foot in the Ring,
Wrestle for the Wand.

Ball Games

Play the ball games of Grade III with a small soft rubber ball or a tennis ball,
Throw for height and distance,
Toss up and bat a gas ball,
Toss and catch a tennis ball,
Toss up (name the catcher),
End ball.

The new games of Grade IV may be played.

Relay Race,
Three Deep,
Poison,
Jumping Circle,
Girls: Jumping Rope,
Grace Hoops,
Rubber Quoits,
Boys: Rooster Fight,
Quoits.

Ball Games

Girls and Boys: Bat ball with a volley ball or a light basket ball,
Chase ball (with a basket ball),
Medicine ball (toss for height),
Corner ball.

VI Grade

Rabbits, two hunters on a line,
Relay Race,
Three Deep,
Catch the Robber,
Poison.

Ball Games.

Bat ball with a basket ball,
Bat over a rope (with a volley ball),
Chase ball,
Kick ball,
Pass ball, in a circle,
Medicine ball,
Goal ball.

**From Lesson in Free Exercises, etc. Philadelphia Public Schools, used with permission. A description of these games will be found in "Games and Dances" by William A. Stecher, published by J. J. McVey, Philadelphia, Pennsylvania.*

Foods Suitable for Children 5 to 8*

Breakfast

Fruits: (All well cooked except oranges)

Orange; baked (pulp only) or stewed apple; stewed prunes; dried peaches; Bartlett pears; baked banana.

Cereals: (Thoroughly cooked and served without sugar)

Oatmeal; wheatina; rolled oats; barley; graham flour; rice; hominy grits.

In warm weather: Cream of wheat; shredded wheat biscuit; corn flakes; malt breakfast food.

Bread:

One-day-old zwieback, whole grained, toasted graham, oatmeal, wheat.

Butter

Beverages:

Warm milk or thin cocoa made with milk.

Egg**

Cooked any way except fried or hard boiled.

Mid-morning Lunch

1 cup of milk with whole grained cracker.

Dinner—Noon

Soups:

Cream soups; cereal soup; milk soups, with vegetable puree, such as dried lima beans or peas and spinach, potato or asparagus.

Vegetables: (Well cooked in clear water and seasoned with a very small portion of salt)

Spinach; asparagus; carrots; chard; lettuce; peas; potatoes, baked or boiled; tomatoes, strained; celery, stewed; dandelions; beet and turnip tops; fresh string beans. All may be served plain or with cream sauce.

Meats:

Prior to the seventh year meat is undesirable. During the seventh year one ounce of meat, fish, or chicken may be served two or three times a week. During the eighth year two ounces may be served four or five times a week.

Miscellaneous Foods:

Eggs; spaghetti; peanut butter; cottage cheese; American cheese, when melted in combination with some other food; rice.

Bread:
Same as for breakfast.
Butter.
Beverages:
Milk or cocoa.
Desserts:
Fruits, same as for breakfast; bread puddings; junket, milk and egg custards; corn starch, tapioca, cereal puddings; home made sherbets, such as lemon or milk sherbets; home made ice-cream, plain cocoa, junket, plain frozen custard made of milk and eggs; plain cookies; stale sponge cake and angel food; plain bread with molasses; bread and honey as a substitute for cake; small portion of candy.

Supper

Soups:
Cream soups; cereal soups.
Milk Combinations:
Bread and milk; cereal and milk; milk toast.
Vegetables:
Baked or boiled potatoes; boiled rice.
Egg:
If not given for breakfast or dinner.
Bread:
Whole grained, graham, or white bread.
Butter.
Beverages:
Milk.
Desserts:
Cooked fruits; nutritious puddings, such as are mentioned for dinner.

NOTES. All fried foods are forbidden. The amount of food served varies with age, size, and physical condition of child. The under-nourished child should be given an increased amount, and add mid-afternoon lunch of bread and butter, or milk and crackers. Mal-nourished children should be encouraged to eat especially milk, eggs, butter, leafy green vegetables, and celery.

**From Appendix N. Pages 145-149, Pennsylvania State Course of Study in School Health. Used with permission.*

***For most children cereal should be omitted when egg is served, and vice versa.*

Foods Suitable for Children 8 to 12*

Breakfast

Fruits:

Oranges; cooked prunes; apricots; apples; figs; peaches; pears; bananas; pineapple; plums; grapes (seeds removed); raisins (cooked), all fresh fruits in season when thoroughly ripe, cooked or uncooked.

Cereals:

Oatmeal; corn meal; samp; hominy; rice; farina; wheatina; cream of wheat; corn flakes; graham flour; barley. Stewed chopped dates and prunes may be added to white cereals to give variety.

Bread:

Whole grained breads served as toast, zwiebach or stale brown, corn, graham, or rye breads.

Beverages:

Milk (not cold); cocoa (made with milk).

Miscellaneous:

Eggs; bacon; baked potatoes.

Dinner (preferably at noon)

After eight years the child may have evening dinner with the family. In this case such differences in the child's meal will have to be made as are necessary to meet his dietary requirements.

Soups:

Cream; cereal; vegetable.

Meats:

Lean lamb; mutton; beef; fish; cod; halibut; haddock; oysters; fowl; bacon (broiled). Other meats to be baked, roasted or stewed. One or two ounces three or four times per week is sufficient. Milk, eggs, cereals and vegetables are more necessary for children.

Vegetables:

Potatoes, baked or boiled, *not fried*. Onions, squash, cauliflower, asparagus; celery, cooked or fresh; dried and fresh peas and beans; spinach; carrots; parsnips; oyster plant; turnips; beet tops; turnip tops; dandelions; chard; lettuce; tomatoes (cooked); young beets; sweet potatoes; Brussels sprouts; lentils.

Miscellaneous:

Macaroni; spaghetti; cottage cheese; American cheese, when melted in combination with other foods; eggs; molasses; sugar; honey.

Desserts:

Plain nutritious puddings; plain cake; fruits; ginger-bread; home made ice cream and ices; simple candies.

Supper

Soups:

Cream; cereal, vegetable, puree soups.

Vegetables:

Spinach; rice; white potatoes (baked or creamed); puree of peas or beans; green leafy vegetables such as beet and turnip-tops; dandelions.

Miscellaneous:

Bread and milk—as separate dishes or combined, as milk toast. Cottage cheese, cereals, eggs.

Beverages:

Milk, milk flavored with cocoa.

Desserts:

Plain puddings; such as prune, rice, blancmanges, milk and egg custards; ginger cookies; stale plain cake; junket; cooked fruits.

**From Appendix N, Pages 145-149, Pennsylvania State Course of Study in School Health. Used with permission.*

Sample Meals—Summer and Winter*

Here are some sample meals suggested by the Bureau of Education of the United States government, suitable for boys and girls seven to fourteen years of age. Notice the difference between the food suggested for a summer meal, and the food suggested for a winter meal.

Sample Summer Breakfasts for a Week*

No. 1

Oatmeal, ½ to ¾ cup, with milk.
Fresh or stewed fruit, 2 to 3 teaspoonfuls.
Bread and butter, 2 to 3 slices.
Milk to drink, 1 glass.

No. 2

Force or corn flakes, 1 cup, with milk.
Egg, soft cooked.
Brown bread and butter, 2 to 3 slices.
Milk to drink, 1 glass.

No. 3

Hominy, ½ to ¾ cup, with milk.
Toast and butter, 2 to 3 slices.
Baked banana, 1.
Milk to drink, 1 glass.

No. 4

Corn meal, ½ to ¾ cup, with sirup.
Scrambled egg, 1.
Bread and butter, 2 to 3 slices.
Milk to drink, 1 glass.

No. 5

Oatmeal, ½ to ¾ cup, with milk.
Corn bread and butter, 2 pieces.
Apple sauce or stewed pears, 2 to 3 tablespoonfuls.
Milk to drink, 1 glass.

No. 6

Force or corn flakes, 1 to 2 cups, with milk.
Corn bread and butter, 2 to 3 slices.
Milk to drink, 1 glass.

No. 7

Rice, ½ cup, with milk.
Bread and butter, 2 to 3 slices.
Fresh or stewed fruit, 2 to 3 tablespoonfuls.
Milk to drink, 1 glass.

Sample Winter Breakfasts for a Week*

No. 1

Oatmeal, ⅔ cup, with milk.
Bread and butter, 2 to 3 slices.
Baked apple, 1.
Milk to drink, 1 glass.

No. 2

Hominy, ⅔ cup, with milk.
Bread and butter, 2 to 3 slices.
Bacon, 1 slice.
Cocoa with milk, 1 cup.
Milk to drink, 1 glass.

No. 3

Corn meal, ½ to ⅔ cup, with milk.
Toast and butter, 2 to 3 slices.
Orange.
Milk to drink, 1 glass.

No. 4

Oatmeal, ⅔ cup, with milk.
Bread and butter, 2 to 3 slices.
Stewed prunes or figs, 3 to 4.
Cocoa with milk, 1 cup.

No. 5

Force or corn flakes, 1 to 2 cups, and milk.
Bread and butter, 2 to 3 slices.
Bacon, 1 slice.
Milk to drink, 1 glass.

No. 6

Pettijohn or malt breakfast food, ⅔ cup, with milk.
Bread and butter, 2 to 3 slices.
Soft egg.
Milk to drink, 1 glass.

No. 7

Corn meal, ⅔ cup, and milk.
Toast and butter, 2 to 3 slices.
Orange.
Cocoa with milk, 1 cup.

Sample Noon-Meals for a Week—Summer*

No. 1

Lamb stew, with vegetables, small portion.
Squash or string beans, 2 to 3 tablespoonfuls.
Bread and butter, 2 to 3 slices.
Cornstarch pudding, 2 tablespoonfuls.

No. 2

Chicken with rice, small portion.
Mashed potatoes, 2 to 3 tablespoonfuls.
Dandelion greens, or boiled onions, 2 to 3 tablespoonfuls.
Bread and butter, 2 to 3 slices.
Fresh or stewed fruit, 2 to 3 tablespoonfuls.

No. 3

Bacon, 1 slice.
Poached egg.
Spinach, 2 to 3 tablespoonfuls.
Spaghetti with tomatoes, 2 to 3 tablespoonfuls.
Bread and butter, 1 to 2 slices.

No. 4

Hamburger steak, 1 small ball.
Boiled potato.
New beets and beet-top greens, 2 to 3 tablespoonfuls.
Bread and butter, 2 to 3 slices.
Rice pudding, 1 to 2 tablespoonfuls.

No. 5

Fish chowder, ¾ cup, or egg.
New beets, 2 to 3 tablespoonfuls.
Boiled potato.
Bread and butter, 2 to 3 slices.
Custard or junket, ½ cup.

No. 6

Lamb hash, small portion.
String beans, 2 tablespoonfuls.
Bread and butter, 2 to 3 slices.
Apple sauce, 2 to 4 tablespoonfuls.

No. 7

Dried pea or bean soup, 1 cup.
Greens, 2 to 3 tablespoonfuls.
Baked potato.
Bread and butter, 2 to 3 slices.
Ice-cream or fruit sherbet, 2 tablespoonfuls.

Sample Noon-Meals for a Week—Winter*

No. 1

Roast lamb, small slice; baked potatoes.
Beets, onions, or oyster plant, 2 to 3 tablespoonfuls.
Bread and butter, 2 to 3 slices.
Rice pudding, 2 to 3 tablespoonfuls.

No. 2

Vegetable soup, with carrots, beans, onions, 1 cup.
Spinach with poached egg.
Corn bread and butter, 2 to 3 slices.
Dates, 4 to 5.

No. 3

Rice and meat loaf, small portion.
Stewed tomatoes, 2 to 3 tablespoonfuls.
Bread and butter, 2 to 3 slices.
Baked Indian pudding, 2 tablespoonfuls.

No. 4

Beef stew with vegetables, small portion.
Bread and butter, 3 to 4 slices.
Rice pudding or custard, 2 to 3 tablespoonfuls.

No. 5

Chicken, small slice.
Mashed potatoes, 2 to 3 tablespoonfuls.
Creamed carrots or onions, 2 to 3 tablespoonfuls.
Bread and butter, 2 to 3 slices.
Ginger bread, 1 small piece, with thin cream.
Milk, 1 glass.

No. 6

Creamed or fresh broiled fish, small portion.
Baked sweet potato, 1.
Bread and butter, 2 to 3 slices.
Baked apple, 1.

No. 7

Lamb stew with vegetables, small portion.
Boiled potato, 1.
Bread and butter, 2 to 3 slices.
Bread or rice pudding, 2 to 3 tablespoonfuls.

Sample Evening Meals for a Week—Summer*

No. 1

Creamed potatoes, 1 cup.
Brown bread and butter, 2 to 3 slices.
Stewed prunes, 4 to 5.
Milk to drink, 1 glass.

No. 2

Spinach soup with milk, 1 cup.
Corn bread and sirup, 2 to 3 pieces.
Cottage cheese, 1 tablespoonful.
Ginger cookies, 1.

No. 3

Corn flakes, 1 to 2 cups, with milk.
Puree of lima beans, ⅔ cup, with milk.
Bread and butter, 2 to 3 slices.
Ginger cookies, 1 to 2.

No. 4

Milk toast.
Baked potato, 1.
Bread and butter, 2 to 3 slices.
Milk to drink, 1 glass.
Fresh or stewed fruit, 2 to 3 tablespoonfuls.

No. 5

Shredded wheat, with milk.
Squash or chard, 2 to 3 tablespoonfuls.
Stewed fruit, 2 to 4 tablespoonfuls.
Bread and butter, 2 slices.
Milk to drink, 1 glass.
Plain cookies, 1.

No. 6

Rice and milk, ⅔ cup.
Brown bread and butter, 2 slices.
Ginger cookies, 1 to 2.
Milk to drink, 1 glass.
Custard, ½ cup.

No. 7

Baked potato, 1.
Poached egg on toast, 1.
Stewed prunes, 4 to 5.
Plain cookies, 1 to 2.
Milk, 1 glass.

Sample Evening Meals for a Week—Winter*

No. 1

Scrambled egg, 1.
Bread and butter, 2 to 3 slices.
Oatmeal cookies, 1 to 2.
Milk to drink, 1 glass.

No. 2

Baked potato, 1.
Bread and butter, 2 to 3 slices.
Stewed apricots, 2 to 3 tablespoonfuls.
Cottage cheese, 1 tablespoonful.

No. 3

Rice and milk, ½ cup.
Creamed carrots or celery.
Fruit cookies, 1 to 2.
Bread and butter, 3 to 4 slices.

No. 4

Corn bread and sirup, 2 to 3 pieces.
Macaroni, with tomatoes, 2 to 3 tablespoonfuls.
Bread, 2 to 3 slices, and peanut butter, ½ tablespoonful.
Cocoa with milk, 1 cup.

No. 5

Milk toast, 2 to 3 slices.
Cottage cheese, 1 tablespoonful.
Stewed prunes, 4 to 5.
Cookies.

No. 6

Spinach or bean soup, 1 cup.
Baked potato, 1.
Corn bread and butter, 2 pieces.
Milk to drink, 1 glass.

No. 7

Celery soup with milk, 1 cup.
Bread and butter, 2 to 3 slices.
Custard or junket, ½ cup.
Ginger cookies, 1 to 2.

**From Health Bulletin No. 2, "Diet for the School Child," U. S. Bureau of Education, Department of the Interior, Washington, D. C.*

Notes on Selection of Foods

Whole wheat bread is better for growing children than rye bread.

Fish may be used at any meal instead of meat.

Fresh vegetables are better than dried or canned vegetables.

Eggs may be used four or five times a week, and may be used instead of meat.

Milk, vegetables, and cereals are more necessary than meat.

Orange juice and crackers may be used for the mid-morning lunch. Orange juice may also be used as a beverage.

Grape nuts may be used in warm weather, instead of cream of wheat.

Brown rice is better than the white rice.

"Clear" or "thin" soups do not contain much nourishment for children.

Buttermilk is a good beverage. Milk or orange juice is better than cocoa.

A salad (lettuce with fruit or vegetables), plain lettuce, or celery may be served with any dinner or supper.

The amount you should eat depends upon

1—your age:
Older children should eat more than younger children.

2—your weight:
If you are underweight, it may be that you need more food, or better balanced meals.

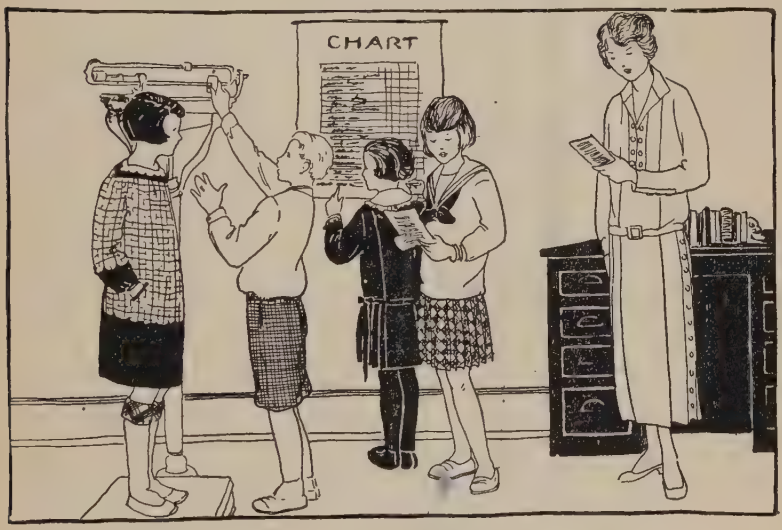
If you are overweight, it may be that you need less food, or better balanced meals.

Young children should eat less meat, and should drink more milk instead. Cottage cheese should be home-made, or of the best grade when bought at the store. Use it only when fresh.

The Use of the Scale in Forming Health Habits

These boys and girls are weighing themselves. The girl in black is entering her weight in the proper place on the Classroom Weight Chart. What is the girl in light doing? Who is the woman?

What good may these pupils do for their own health by carefully watching their weight from week to week?



MEASURING SCALE

Weight in relation to age, height, and physical type

(Based Upon the Tables of Bird T. Baldwin, Ph.D.)

INSTRUCTIONS FOR USE OF CHART

Before the pupil is measured, it should be determined by careful observation to which physical type he belongs. In case of doubt it may be helpful to note that the Nordic races (Central and Northwestern Europe) are usually of the tall slender type; the Southern European or Mediterranean races are usually of the short stocky type.

The pupil's height in inches should be taken against the scale of the type to which he belongs. A right-angled triangle or square placed against the wall and on top of the pupil's head should be used to secure accuracy.

The following illustrations will serve to interpret the scale:—

A 14-year-old boy of the tall slender type, 67 inches tall. He is of normal weight if he weighs 128 pounds; he would be considered underweight if he weighed under 115 pounds; and overweight if he weighed over 153 pounds.

A 15-year-old girl of the average type, 63 inches tall. She is of normal weight if she weighs 116 pounds; she would be considered underweight if she weighed under 104 pounds; and overweight if she weighed over 139 pounds.

BOYS

TALL SLENDER TYPE					AVERAGE TYPE					SHORT STOCKY TYPE				
HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)	HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)	HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)
74	154	205	171	19										
	153	204	170	18										
	151	201	168	17										
	148	197	164	16										
73	150	200	167	19										
	148	197	164	18										
	146	194	162	17										
	144	192	160	16										
72	147	195	163	19										
	142	189	158	18										
	140	187	156	17										
	140	187	155	16										
	138	183	153	15										
71	137	182	152	17										
	136	181	151	16	71	143	191	159	19					
	135	180	150	15		139	185	154	18					

BOYS—Continued

TALL SLENDER TYPE					AVERAGE TYPE					SHORT STOCKY TYPE				
HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)	HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)	HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)
70	133	177	148	17	70	140	187	155	19					
	130	174	145	16		135	180	150	18					
	130	173	144	15										
	129	172	143	14										
69	125	167	139	15	69	137	182	152	19					
	125	167	139	14		134	179	149	18					
						131	175	146	17					
						129	172	143	16					
68	121	161	134	15	68	132	176	147	19					
	121	161	134	14		129	172	143	18					
						127	169	141	17					
						123	164	137	16					
67	115	153	128	14	67	122	163	136	17	67	128	170	142	19
						121	161	134	16		125	167	139	18
						117	156	130	15					
66	110	146	122	14	66	119	158	132	17	66	125	167	139	19
	107	143	119	13		115	153	128	16		122	163	136	18
	107	143	119	12		112	150	125	15					

65	105	140	117	13	**65**	110	146	122	16	**65**	121	161	134	19
						108	144	120	15		118	157	131	18
						106	142	118	14		115	152	127	17
64	100	133	111	13	**64**	103	138	115	15	**64**	117	156	130	19
	98	131	109	12		102	136	113	14		113	151	126	18
											109	145	121	17
											105	140	117	16
63	96	128	107	13	**63**	99	132	110	15	**63**	115	152	127	19
	95	127	106	12		97	130	108	14		111	148	123	18
											106	142	118	17
											102	136	113	16
62	91	121	101	12	**62**	93	123	103	14	**62**	100	133	111	17
						92	122	102	13		96	128	107	16
											94	125	104	15
61	86	115	96	12	**61**	89	119	99	14	**61**	93	123	103	16
	85	114	95	11		87	116	97	13		90	120	100	15
60	83	110	92	12	**60**	84	112	93	13	**60**	86	115	96	16
	83	110	92	11							85	114	95	15
											85	113	94	14
59	79	106	88	11	**59**	80	107	89	13	**59**	81	108	90	15
	78	104	87	10		80	107	89	12		81	108	90	14

BOYS—Continued

TALL SLENDER TYPE					AVERAGE TYPE					SHORT STOCKY TYPE				
HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)	HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)	HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)
58	76	101	84	11	58	76	102	85	12	58	78	103	87	15
	76	101	84	10							77	103	86	14
											76	102	85	13
57	72	96	80	10	57	73	97	81	12	57	75	100	83	14
						73	97	81	11		74	98	82	13
56	69	92	77	10	56	69	92	77	12	56	70	94	78	14
	68	91	76	9		69	92	77	11		70	94	78	13
55	65	86	72	9	55	66	88	73	11	55	67	89	74	13
						66	88	73	10		67	89	74	12
											64	85	71	13
54	63	84	70	9	54	63	84	70	10	54	64	85	71	12
	63	84	70	8							63	84	70	11
53	60	80	67	8	53	60	80	67	10	53	61	82	68	12
						60	80	67	9		60	80	67	11
52	58	77	64	8	52	58	77	64	9	52	58	77	64	11
	57	76	63	7							58	77	64	10

51	55	73	61	7
50	52	70	58	7
	51	68	57	6
49	49	66	55	6
48	47	62	52	6
47	44	59	49	5
46	42	56	47	5

51	55	73	61	9
	55	73	61	8
50	52	70	58	8
49	49	66	55	8
	49	66	55	7
48	48	64	53	7
47	45	60	50	7
	45	60	50	6
46	43	58	48	6
45	41	55	46	6
	41	55	46	5
44	40	52	44	5

51	55	73	61	11
	55	73	61	10
50	52	70	58	10
	52	70	58	9
49	49	66	55	10
	49	66	55	9
48	48	64	53	9
	48	64	53	8
47	45	60	50	9
	45	60	50	8
46	43	58	48	8
	43	58	48	7
45	41	55	46	8
	41	55	46	7
44	40	53	44	7
	40	53	44	6
43	37	49	41	7
	37	49	41	6
	37	49	41	5
42	35	47	39	6
41	34	45	38	6
	34	45	38	5

GIRLS

TALL SLENDER TYPE					AVERAGE TYPE					SHORT STOCKY TYPE				
HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)	HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)	HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)
69	128	170	142	18										
	126	168	140	17										
	124	166	138	16										
68	124	166	138	18										
	124	166	138	17										
	122	163	136	16										
	121	162	135	15										
	120	160	133	14										
67	121	162	135	18										
	120	160	133	17										
	120	160	133	16										
	118	157	131	15										
	117	156	130	14										
66	117	156	130	18										
	116	155	129	17										
	115	153	128	16										
	112	150	125	15										
	112	149	124	14										
	112	149	124	13										

65	110	146	122	15	65	113	151	126	18						
	109	145	121	14		112	150	125	17						
	108	144	120	13		111	148	123	16						
64	103	138	115	13	64	111	148	123	18						
	103	137	114	12		110	146	122	17						
						108	144	120	16						
						107	143	119	15						
						105	140	117	14						
63	99	132	110	13	63	108	144	120	18						
	99	132	110	12		107	143	119	17						
						105	140	117	16						
						104	139	116	15						
						101	134	112	14						
62	94	126	105	12	62	102	136	113	15	62	106	142	118	18	
						98	131	109	14		105	140	117	17	
						95	127	106	13		103	138	115	16	
61	90	120	100	12	61	94	126	105	14	61	104	139	116	18	
	89	119	99	11		91	121	101	13		102	136	113	17	
											101	134	112	16	
											97	130	108	15	
60	85	114	95	12	60	87	116	97	13	60	100	133	111	18	
	85	114	95	11							98	131	109	17	
											97	130	108	16	
											94	126	105	15	
											91	121	101	14	

GIRLS—Continued

TALL SLENDER TYPE					AVERAGE TYPE					SHORT STOCKY TYPE				
HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)	HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)	HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)
59	81	108	90	11	59	83	110	92	13	59	93	123	103	16
	78	104	87	10		81	108	90	12		90	120	100	15
											86	115	96	14
58	77	103	86	11	58	77	103	86	12	58	86	115	96	15
	76	101	84	10							84	112	93	14
											79	106	88	13
57	74	98	82	10	57	74	98	82	12	57	79	106	88	14
						74	98	82	11		76	101	84	13
56	70	94	78	10	56	71	95	79	12	56	75	100	83	14
	68	91	76	9		70	94	78	11		73	97	81	13
55	67	89	74	9	55	67	89	74	11	55	69	92	77	13
	65	86	72	8		67	89	74	10		67	90	75	12
54	63	84	70	9	54	64	85	71	11	54	66	88	73	13
	62	83	69	8		63	84	70	10		64	85	71	12

53	60	80	67	8	**53**	61	82	68	10	**53**	62	83	69	12
						60	80	67	9		61	82	68	11
52	58	77	64	8	**52**	58	77	64	10	**52**	60	80	67	12
	57	76	63	7		58	77	64	9		58	78	65	11
51	53	71	59	7	**51**	55	73	61	9	**51**	58	78	65	12
						54	72	60	8		57	76	63	11
											55	73	61	10
50	50	67	56	7	**50**	51	68	57	8	**50**	55	73	61	11
	50	67	56	6							53	71	59	10
											52	70	58	9
49	49	65	54	7	**49**	49	66	55	8	**49**	50	67	56	10
	49	65	54	6							49	66	55	9
48	47	62	52	6	**48**	47	62	52	7	**48**	48	64	53	10
											47	62	52	9
											47	62	52	8
47	45	60	50	6	**47**	45	60	50	7	**47**	45	60	50	9
	44	59	49	5							45	60	50	8
46	42	56	47	5	**46**	42	56	47	7	**46**	43	58	48	9
						42	56	47	6		43	58	48	8

GIRLS—Continued

TALL SLENDER TYPE					AVERAGE TYPE					SHORT STOCKY TYPE				
HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)	HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)	HEIGHT MEASURING SCALE (Inches)	WEIGHT (Lbs.) Underweight Under	Overweight Over	Normal Weight	AGE (Yrs.)
45	40	54	45	5	45	40	54	45	6	45	40	54	45	8
											40	54	45	7
44	38	50	42	5	44	38	50	42	6	44	38	50	42	7
					43	37	49	41	5	43	37	49	41	7
											37	49	41	6
					42	35	47	39	5	42	35	47	39	7
											35	47	39	6
										41	33	44	37	6
											33	44	37	5
										40	32	43	36	5

*Reprinted through the courtesy of the Director of Physical Education, Philadelphia Public Schools. Copies of this chart mounted on cardboard, suitable for tacking on the wall, can be procured from him at the following rates: 100 or over, 50c each; 50 to 100, 75c each; less than 50, $1.00 each.

WHAT TO DO IN CASE OF ACCIDENT OR OF SUDDEN SICKNESS

First:

Send word to some grown-up person—the teacher, a relative, or a doctor. Do this right away—*don't wait.*

Second:

Let the sick or injured person sit down or lie down. Give him plenty of fresh air. *If Indoors*—get fresh air by opening the windows. *If Outdoors*—get the sick one to a quiet spot. Keep the crowd away.

Third—While Waiting:

Nose Bleed—Keep the head up, and the person absolutely quiet—as little movement as possible. Cold applications (ice, cold water, etc.) to the nose may be helpful.

A Bad Cut—Try to stop the bleeding by pressing tightly on or around the cut. Use the fingers or a handkerchief.

Broken Bone—Do as little moving as possible. Keep the broken limb straight by putting a pillow, a coat, or a board under it. Do not let it hang.

A Bad Bruise—Bathe the spot with hot water.

Clothes on Fire—Try to smother the flames by getting the person flat on the ground, and rolling him over and over. A rug, a big coat, or a piece of carpet can be used to help smother the flames.

Fainting—Keep the sick one flat on the floor or ground, with the head low so that the blood goes back to the head. Bathe the face with cool water. Fan fresh air across the face.

Sprains—Bathe with either hot or cold water. Use the sprained part as little as possible for a few days.

Don't Forget! Don't Wait!

Always

Send for Someone

or

Call for Help!

advertisement (ăd vûr'tĭz mĕnt)
aisle (īl)
almond (ä'mŭnd)
alternate (ăl tûr'nāt)
anxious (ănk'shŭs)
apricot (ā'prĭ kŏt)
asparagus (ăs păr'ą gŭs)
athlete (ăth'lēt)
automobile (ô tō mō'bĭl)
benzine (bĕn'zĭn)
biliousness (bĭl'yŭs nĕs)
bowels (bou'ĕls)
bristles (brĭs''ls)
carbonate (kär'bŏn āt)
castile (kăs'tēl)
cauliflower (kô'lĭ flou'ĕr)
cereal (sē'rē ăl)
Chinese (chī nēz')
chocolate (chŏk'ŏ lāt)
circulating (sûr' kū lāt'ĭng)
cleanliness (klĕn'lĭ nĕs)
cocoa (kō'kō)
Colonial (kŏ lō'nĭ ąl)
compulsory (kŏm pŭl'sō rĭ)
contagious (kŏn tā'jŭs)
courtesy (kûr'tĕ sĭ)
Crusaders (krōō sād'ĕrs)
dairy (dā'rĭ)
deaf (dĕf)
dessert (dĕ zûrt')
dietary (dī'ĕt ą rĭ)
diphtheria (dĭf thē'rĭ ą)
disease (dĭ zēz')
disrespectful (dĭs rĕ spĕkt'fo͝ol)
electric (ĕ lĕk'trĭk)
eliminate (ĕ lĭm'ĭ nāt)
engineer (ĕn'jĭ nēr')
exactly (ĕg zăkt'lĭ)
excitable (ĕk sīt' ą b'l)
expectorate (ĕks pĕk'tō rāt)
fatigue (fą tēg')
flannelette (flăn'ĕl ĕt')
foreign (fŏr'ĭn)
garbage (gär'bąj)
gasoline (găs'ŏ lēn)
gelatin (jĕl'ą tĭn)
Gluck (glŭk)
graham (grā'ăm)
hamburger (hăm'bûrg ĕr)
handkerchief (hăn'kĕr chĭf)
hominy (hŏm'ĭ nĭ)
huckleberries (hŭk''l bĕr ĭz)
imaginary (ĭ măj'ĭ nă rĭ)
impatient (ĭm pā'shĕnt)
indigestion (ĭn dĭ jĕs'chŭn)
inevitable (ĭn ĕv'ĭ tą b'l)
ingredient (ĭn grē'dĭ ĕnt)
insufficient (ĭn sŭ fĭsh'ĕnt)
intestine (ĭn tĕs'tĭn)
kerosene (kĕr'ŏ sēn')
lentils (lĕn'tĭls)
lettuce (lĕt'ĭs)
macaroni (măk ą rō'nĭ)
magazine (măg'ą zēn')

magnesia (măg nē′zhĭ ă)
malnutrition (măl′nū trĭsh′ŭn)
mastoiditis (măs′toid ī′tĭs)
mathematician (măth′ē mă-
tĭsh′ăn)
medicine (mĕd′ĭ sĭn)
molasses (mō lăs′ĕz)
muslin (mŭz′lĭn)
necessary (nĕs′ĕ sā rĭ)
nourishment (nŭr′ĭsh mĕnt)
oculist (ŏk′ū lĭst)
opportunity (ŏp′ŏr tū′nĭ tĭ)
optician (ŏp tĭsh′ ăn)
parenthesis (pă rĕn′thĕ sĭs)
pasteurize (pās′tēr īz)
patrol (pă trōl′)
peculiar (pē kūl′yăr)
periodically (pē rĭ ŏd′ĭ kă lĭ)
permeate (pûr′me āt)
perspiration (pûr′spĭ rā′shŭn)
physician (fĭ zĭsh′ăn)
porcelain (pôr′sĕ lăn)
posture (pŏs′tūr)
precipitate (prē sĭp′ĭ tāt)
procedure (prō sē′dūr)
process (prŏs′ĕs)
protein (prō′tē ĭn)
puree (pü rā′)
recreation (rĕk rē ā′shŭn)
recruit (rē krōōt′)
refrigerator (rē frĭj′ēr ā′tēr)
rinse (rĭns)
saccharine (săk′ă rĭn)
sandwich (sănd′wĭch)
sassafras (săs′ă frăs)
sewer (sū′ēr)
sherbet (shûr′bĕt)
spaghetti (spă gĕt′ĭ)
specific (spē sĭf′ĭk)
spinach (spĭn′āj)
spigot (spĭg ŭt)
stenographer (stē nŏg′rā fēr)
stomach (stŭm′ŭk)
surgical (sûr′jĭ kăl)
tuberculosis (tū bûr′ kū lō′sĭs)
uncomfortable (ŭn kŭm′fēr tă-
b′l)
uniform (ū′nĭ fôrm)
unsterilized (ŭn stĕr′ĭ līzd)
vegetables (vĕj′ē tă b′ls)
ventilation (vĕn tĭ lā′shŭn)
visor (vĭz′ēr)
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